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**A BREAKFAST FIT
FOR ROYALTY
TRY IT AT HOME
THIS WEEKEND** {page 41}



AT KATE & WILLS SAY I DO {page 12-13}



OTTAWA

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Weekend, April 29-May 1, 2011
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News worth sharing.

Gone with the wind

► Wind tore part of sign off of building on Laurier Avenue; blew the 'C' off of EDC building on O'Connor Street ► Power outage caused boil water advisory for Munster Hamlet

A severe windstorm swept through Ottawa Thursday, knocking out power lines, toppling trees and flinging building signs. Emergency services personnel were busy as 911 lines lit up.

Ottawa police responded to 516 weather-related calls from 1:15 p.m. to 4:30 p.m. Thursday and paramedics treated seven people who were injured by the strong winds.

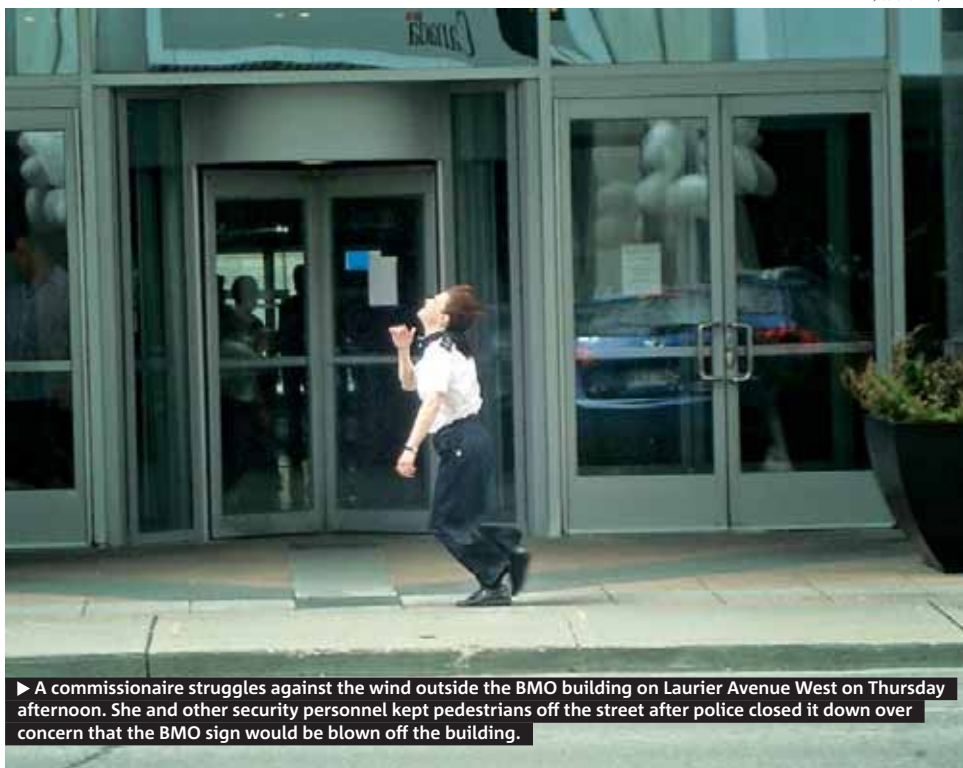
Several parts of the city also suffered power outages. Some 20,000 of Hydro Ottawa's west-end customers were without power as of 2:25 p.m. Thursday.

"During this time of year, we have strong weather systems coming through and this brings the wind," said Ronald Lee, an Environment Canada meteorologist.

Krista Kealey, spokesperson for the Ottawa International Airport, said that four flights were diverted to Toronto and several others were delayed.

"We don't often have diversions away from the airport, so it was relatively new for us" she said.

SEAN MCKIBBON



► A commissioner struggles against the wind outside the BMO building on Laurier Avenue West on Thursday afternoon. She and other security personnel kept pedestrians off the street after police closed it down over concern that the BMO sign would be blown off the building.

Holocaust

What it means to be a hero

► Holocaust survivor Ada Wynston speaks on Sunday ► Wynston lost 72 members of her extended family {page 8}

Storm causes damage

Paramedics report cases of injuries {page 3}



Safety in the workplace

People pay tribute to those killed, injured on the job {page 6}

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► Richard Henry surveys the damage to his Pontiac Grand Prix after his 24-year-old pine tree was uprooted in the wind.

Windstorm gives city a beating

► Trees uprooted and homes damaged ► Several injured in falls and by flying debris



SEAN MCKIBBIN
@METRONEWS.CA

Richard Henry was working in his home office in the basement when he found out just how ferocious the windstorm buffeting Ottawa was.

"My son came downstairs, and said, 'Dad, a tree is on top of your car!' I said, 'You're kidding.' He said, 'No Dad, you better go look outside.'"

Henry said the hood

and the quarter panels are "toast," and his insurance company wants the car towed over to a mechanic to be checked out, but otherwise he's counting himself lucky.

While his fence took a beating in the wind Henry said he was glad no one at his home was injured.

Not everyone was so lucky.

Ottawa paramedics reported several people were injured in falls and by flying debris due to the force

of the wind.

A 26-year-old woman was struck by a tree that fell onto her legs while she was walking near Parkdale Avenue and Hamilton Street.

Paramedics treated the woman for fractures to both lower legs. She is in serious but stable condition in hospital.

On Somerset Street West, an elderly woman was felled by the wind and suffered serious head injuries and is now in seri-

"We all survived — that's all that matters. Material things can be replaced, human lives can't."

RICHARD HENRY

ous condition in hospital.

Another elderly woman suffered the same fate after wind threw her to the ground in a shopping mall parking lot near Walkley Road and Bank Street.

A woman fell at Lincoln Fields bus station and is in stable condition in hospital with back injuries, while a woman hit by flying debris at the Baseline OC Transpo station suffered minor injuries and was taken to hospital in stable condition.

Two men were injured at a construction site on Gladstone Avenue after a fence fell on them. Only one required further treatment in hospital and is in stable condition.

1
news



If former Global anchor Kevin Newman misses the job, he doesn't show it. Scan code for story.

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Opinion

SAM
O'GRADY

STUDENT BLOGGER



'WE WHINE A LOT'

They're all the same crooks and they're all going to swindle us once more. The leaders of our country are not speaking to us and we know it. More than a million students in Canada are eligible to vote, and yet only 37.4 per cent of 18- to 24-year-olds felt the need to cast their ballots in the last federal election, according to Elections Canada. I don't know if it's a matter of not wanting our voices heard, or the fact that we're fairly confident that politicians are not listening.

Epic voter apathy in my generation isn't sparked by ignorance, but frustration.

I'm writing from a tiny room where I've been banging my head against a wall since I turned 18. There's a lot of us stuck in this room and we're running out of answers.

We complain about the same thing all the time, the right to affordable education. We know they're doing squat about it. But we have other issues we care about, issues many leaders aren't prepared to talk about, much less consider that we may be looking at such things.

Take CPP, because people my age are certainly paying attention.

We question whether the pension will be there for us, or even our parents.

Maybe politicians think we're out downing jager bombs at the bar. Maybe, instead a lot of us over-educated, under-employed skeptics are sitting at home pondering the stability of our future.

Consider this: you're 37, and you've finally paid off your student debt. CPP is being sucked dry by the baby-boomers. You're driving a car that costs more than a day's wages to fill, an overpriced luxury you need to pick up your kids from school and your mother from the doctor. While you wait in traffic, you wonder how you can save enough for your kids' education and your retirement, a retirement, which may or may not be subsidized by the government, despite decades of dutiful service to your second-rate job.

That's the future we're staring at; it's hanging on the wall right next to our over-priced degree in the living room of our parents' house.

Here's the deal, we're young and we whine a lot. We know this, and the politicians know this. What they don't know and aren't considering is we have real concerns and questions and we're expecting some answers.



► Historians Ron Graham, left, and Christopher Pennington sit at their book table after speaking about Canadian politics at the Writers Festival on Thursday afternoon.

Writers Festival kicks off with talk from political buffs

POLITICAL HISTORIAN SEES
HOPE IN ELECTION ENTHUSIASM

JESSICA
SMITH
@METRONEWS.CA

Canadians have no excuse for low voter turnout, says author Christopher Pennington.

Pennington, who wrote about the 1891 election in *The Destiny of Canada*, told an audience at the Ottawa Writers Festival on Thursday that voting wasn't always so easy.

"In 2008 the voter turnout was the lowest in Canadian history," he

said. "Even lower than in 1867 when you had to stand on a platform and proclaim who you were voting for and make sure you got off on the right side of the platform so somebody didn't smash your head."

It's a far cry from walking to your local school gym to cast your ballot, he said.

"Then, you had to hitch up your wagon and walk for miles to get to the polls — it was hard," he said. "The only thing I can hope for is we reached a low

"In 1891 thousands of people came to political rallies ... leaders would be led through the streets, sometimes on white horses, sometimes people's shoulders, with brass bands playing and torch-lit parades."

CHRISTOPHER PENNINGTON

point in 2008 with the level of engagement, but maybe because it seems like this election might have a surprising result, people seem to be caring," he said.

So far, high numbers in advanced polls and what seems to be an elevated level of interest suggest to Pennington that in this election, more Canadians will vote.

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06

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WEEKEND, APRIL 29-MAY 1, 2011



► Ottawa paramedic Norm Robillard lays a rose near a memorial in Vincent Massey Park yesterday at the ceremony for the 27th National Day of Mourning for Workers Killed or Injured on the Job.

Workplace safety a priority: Council

► 386 reported workplace fatalities in Ontario, 939 across Canada in 2009, says report ► Numbers are among the highest in other OECD countries



JOE LOFARO
@METRONEWS.CA

Workplace safety must be a priority, members of the Canadian Building Trades and Ottawa and District Labour Council said yesterday as they marked the 27th National Day of Mourning for Workers Killed or Injured on the Job. More than 100 people

paid tribute yesterday to friends and family who were killed or injured on the job at a ceremony in Vincent Massey Park.

To the politicians in attendance, Hassan Yussuff, Secretary-Treasurer of the Canadian Labour Congress delivered a blunt message.

"Lay charges under the criminal code provisions that will send those found guilty of criminal negli-

gence causing death of workers to jail to pay for their actions," he said.

After her brother was killed by a car at a construction site in 1992, Toni Costanzo fought for traffic signs to protect construction workers who work on the road.

"You slow down when you see a deer but what about construction workers?" said Costanzo. For her,

"You never think that something could happen like that but I always feel that it could have been avoided."

TONI COSTANZO

the Day of Mourning is important because it increases the awareness of workplace safety.

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News in brief

Getting ahead in business

HONOUREES. Three women were declared Businesswoman of the Year at an annual gala yesterday evening.

"We honour the fact that, both professionally and personally, they have excelled," said Anne Van Delst, president of the Women's Business Network of Ottawa. "They provide wonderful role models for other businesswomen today as well as the young women of tomorrow."



Patricia Bood, senior

vice-president of legal services and general counsel of Brookfield Renewable Power, won in the corporate category.



Lili-Ann Foster, founding president and CEO of Renaud Foster, a management consulting firm, won for her work as an entrepreneur.



Wendy Rogers, founder and owner of Access At Home Physiotherapy, won among women who hold professional designations and run their own practices.

● JESSICA SMITH

Survivor knows meaning of heroism

► Ceremony's keynote speaker knighted by Queen Beatrix of the Netherlands in 1993 for promoting Christian-Jewish dialogue



JESSICA SMITH
@METRONEWS.CA

A Holocaust survivor who was once knighted by the Queen of the Netherlands will tell her story in Ottawa on Sunday.

Ada Wynston says the heroism of the people who saved her from the Nazis serves as an important lesson today.

"If people would act when it's needed and not be bystanders, there would be a lot less misery in the world," she says.

Wynston will be the keynote speaker at Yom HaShoah — or Holocaust

Remembrance Day — a ceremony organized by the Jewish Federation of Ottawa. The ceremony is scheduled for Sunday at the Joseph and Rose Ages Family Building, located at 21 Nadolny Sachs Private.

She was six years old when she was taken into hiding by members of the Dutch resistance. Her mother died in the Holocaust. So did 72 members of her extended family.

But, as she tells it, even in the Holocaust there was goodness, pointing to the example of "people who saved our lives, who put their whole family in



► Holocaust survivor Ada Wynston.

danger to take in one kid. "If we had been discov-

ered they would have been dead as well."

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SMILING JACK

Jack's grin has rivals pouncing

Something about Jack Layton's smile has his rivals grinding their teeth.

First Stephen Harper and now Michael Ignatieff have accused the NDP chief of being all grin and no gravitas.

Ignatieff told a rally in

Quebec City Thursday that Layton's policies don't pass muster. "He has a lovely smile," Ignatieff said. "But no one has put Mr. Layton under a microscope."

At a rally in St. Catharines, Ont., this week, Harper brought up the 1970s when the Liberals and NDP joined forces in Ontario to form a coalition government and unseat the Progressive Conservatives.

THE CANADIAN PRESS

NDP — suddenly rich and popular?

The NDP bank account is enjoying a surge along with the party's rise in the polls.

Figures show the party has raked in \$2.5 million in donations since the writ was dropped March 26.

That exceeds the \$2.1 million the NDP pulled in over the course of the entire 2008 campaign.

On Tuesday, the party

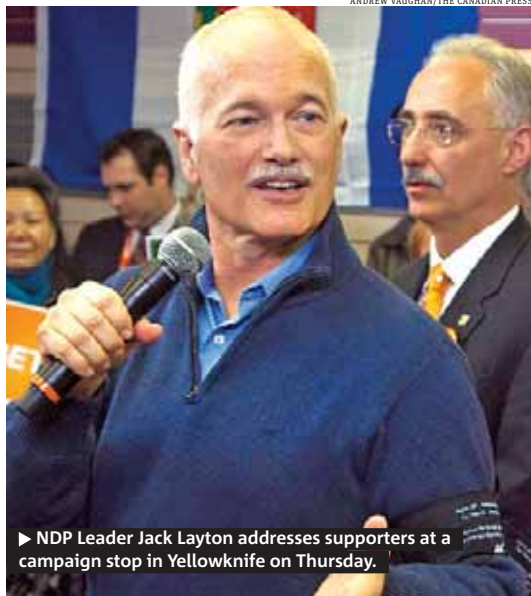
netted \$100,000 in online donations alone. That was on top of \$250,000 collected over the holiday weekend.

THE CANADIAN PRESS

1,100 Campaign officials say the number of donors offering \$1,100 or more has doubled in recent weeks.

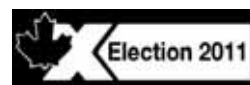
Quebec, women cause shift: Poll

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ NDP Leader Jack Layton addresses supporters at a campaign stop in Yellowknife on Thursday.

- ▶ Tories have five-point lead on NDP
- ▶ Liberals stay strong in Ontario



A new poll suggests the high-flying NDP have indeed soared past the Liberals and closed in on the Conservatives.

The Canadian Press Harris-Decima survey puts Jack Layton's party solidly in second place, just five percentage points behind the Tories.

The Conservatives are at 35 per cent support nationally, with the NDP at 30 per cent and the Liberals at 22 per cent.

The results indicate the New Democrats have dou-

bled their support since the campaign began late last month — thanks mainly to huge gains among Quebecers and women voters.

The poll has the NDP with a 20-point lead over the Bloc Québécois and leading the Conservatives by one point among female respondents.

THE CANADIAN PRESS

34

Ontario remains a rare bright spot for the Liberals — they are supported by 34 per cent of respondents.

News in brief

Tory volunteer charged after trip to India

BAIL. A Conservative campaign volunteer and familiar face at party functions has been charged with violating bail conditions, after accompanying a Tory

MP to an event in India.

Snover Dhillon was already facing charges related to \$11,000 in fraudulent credit and debit card withdrawals in Brampton, Ont.

One of the conditions of his bail, set in December, was that he remain in Ontario.

But only a month later, Dhillon met up with Conservative MP Patrick Brown at an event in the Punjab region of India.

THE CANADIAN PRESS

Harper talks border security

TRADE. Stephen Harper is in Niagara Falls, Ont., to promote his government's latest effort to court Canada's southern neighbour.

Harper says a Conservative government would press forward with an agreement designed to buttress border security while fostering trade and economic growth between the two countries.

THE CANADIAN PRESS

Candidate's French not pardoned

A Quebec radio station says the NDP is running a candidate with limited French in a riding where virtually everyone is a francophone.

The director of 103.1 FM in central Quebec said Thursday the NDP's Ruth Ellen Brosseau admitted to only being able to speak a little bit of French.

Brosseau's case raises fresh questions about whether New Democrat candidates are qualified to

"He noticed right away that her French obviously could've been better."

JONATHAN GARIEPY, DIRECTOR OF 103.1FM IN CENTRAL QUEBEC

represent ridings in a province where the party's popularity is surging.

She made headlines earlier this week when the NDP confirmed she has

spent part of the campaign vacationing in Las Vegas.

Radio station director Jonathan Gariépy said Brosseau seemed surprised when a journalist from the station contacted her for a French on-air interview.

"He even asked her if she spoke French and she replied, with a very pronounced accent, that she spoke French, but only 'a little bit,'" Gariépy said.

THE CANADIAN PRESS

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One step closer to sainthood

Poles are already calling him John Paul the Great.

Across the heavily Roman Catholic country, the faithful are voicing joy and pride as Sunday's beatification of Polish-born Pope John Paul II draws closer.

Now many here repeat a common refrain: that the beatification is largely a formality because they already consider their native son the holiest of men. Beatification is the last formal step before possible sainthood, and many in Poland hope that the fast beatification will be followed by a speedy canonization as well.

"For us, in fact, the Holy Father was already a saint during his lifetime, and after his death even more," said Ewa Filipiak, the mayor of Wadowice, the small town in southern Poland where Karol Wojtyla, the future pope, was born.

Warsaw Archbishop Kazimierz Nycz this week called the beatification a historic moment and predicted that the late pontiff will go down in history as "Pope John Paul II the Great." Nycz did not expand on that idea, but the title "the Great" is usually designated for popes worthy of sainthood, such as Gregory the Great and Leo the Great.

"I am convinced the pope did a lot for people across the world during his papacy," said Magdalena Chmielewska, a 50-year-old librarian who boarded a Rome-bound bus from a Warsaw church Wednesday.

Many Poles credit the late John Paul for his role in inspiring Lech Walesa's Solidarity movement, a catalyst in the toppling of communism in Poland.

THE ASSOCIATED PRESS



▶ A Polish woman passes by a giant poster of the late Pope John Paul II in downtown Krakow, Poland, yesterday.



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Britain revokes wedding invite to Syrian envoy

► Critics question why despots received invitations, while former British prime ministers were left off list

Global politics trumped ceremonial protocol Thursday, as Britain revoked a royal wedding invitation to the Syrian ambassador because of violent government attacks on protesters there.

But critics continued to ask why the guest list had room for despots while former British prime ministers Gordon Brown and Tony Blair, both from the Labour Party, were left out, while their Conservative counterparts John Major

and Margaret Thatcher were invited. Thatcher declined due to poor health.

Human rights groups had criticized the decision to invite Syrian Ambassador Sami Khiyami to Prince William and Kate Middleton's nuptials at Westminster Abbey on Friday.

More than 450 people have been killed since mid-March in the uprising against Syrian President Bashar Assad's authoritarian regime, with 120 dead over the weekend.

The government said ambassadors from all countries with which Britain has "normal diplomatic relations" had been invited to the wedding — some 185 in all — and that an invitation did not condone regimes' behaviour.

Other diplomatic omissions from the guest list include the ambassadors of Libya and Malawi, whose envoy was expelled from London this week in a tit-for-tat diplomatic feud.

THE ASSOCIATED PRESS



► Among the royal wedding invitees criticized by rights activists are Swaziland's absolute monarch, King Mswati III (pictured here with Queen Paola of Belgium), who has 13 wives and holds an annual dance where he can choose a new bride from tens of thousands of virgins.

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Canadians seek bit o' Britain at shops

Some of the shops in Canada that specialize in British food and memorabilia say the past few weeks have been among the busiest they've ever experienced.

The demand comes from both British expatriates and home-grown Canadians eager to celebrate the wedding of Prince William and Kate Middleton.

Shop owners say trinkets featuring either the royal couple's smiling faces

or the Union Jack have been strong sellers, with some stores saying they sold out of them days ago.

Scones, tea biscuits and clotted cream are all popular with those wanting to mark the ceremony with a breakfast party.

Store owners say most of the business has come from native-born Canadians who are keen to create their own royal experience.

THE CANADIAN PRESS

Wedding stamps



- Some Saskatchewan senior citizens will be among the first Canadians to receive special postage stamps issued to mark the royal wedding.
- Canada Post will present official first-day covers of the stamp bearing Prince William and Kate Middleton to members of the Saskatchewan Century Club in Saskatoon.

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Tornadoes tear apart 6 states

► Officials say they received 137 tornado reports into Wednesday night ► Worst twisters in 40 years

Massive tornadoes tore a town-flattening streak across the southern states, killing at least 280 people in six states and forcing rescuers to carry some survivors out on makeshift stretchers of splintered debris.

Two of Alabama's major cities were among the places devastated by the deadliest twister outbreak in nearly 40 years.

As day broke Thursday, people in hard-hit areas surveyed obliterated homes and debris-strewn streets. Some told of deadly winds whipping through within seconds of weather alert broadcasts during the storms Wednesday afternoon and evening.

"It happened so fast it

Relief plans

Obama will visit storm-ravaged Alabama today to meet with families and the governor to discuss disaster relief efforts.

was unbelievable," said Jerry Stewart, a 63-year-old retired firefighter who was picking through the remains of his son's wrecked home in a suburb of Birmingham.

"They said the storm was in Tuscaloosa and it would be here in 15 minutes. And before I knew it, it was here."

THE ASSOCIATED PRESS



► Morgan Cantrell gives her nephew, Brayson Hyde, a hug after staying with her family during the storm, in Bartow County, Ga., Thursday.



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Aging China sparks alarm

- ▶ Reduced growth due to country's one-child policy
- ▶ Policy first introduced in 1980 to curb population

China's population is aging rapidly, the government said Thursday, though its leaders are refusing to relax strict family planning controls that are part of the cause.

The results of a national census conducted late last year show the proportion of elderly people in the country of 1.34 billion jumped, while that of young people plunged sharply.

The census gives a "by the numbers" snapshot of the world-changing demographic shifts under way in China in the past decade, as economic re-

forms raise living standards and pull more people off farms into the cities while families shrink and the population ages.

China's rapid aging has fuelled worries over how long the country will be able to sustain its high economic growth, as fewer young people are available to work in factories and build the roads that transformed it into the world's second biggest economy after the United States.

The census results show that people aged 60 and above comprise 13.3 per cent of the population, up nearly three percentage

points from 2000. People age 14 and younger accounted for 16.6 per cent, down 6.3 percentage points from a decade ago.

Ma Jiantang, commissioner of the National Bureau of Statistics, told reporters that while the population is aging nationwide, the trend is more pronounced in coastal and developed areas where the population is large and land is relatively scarce.

The results also showed that 49.7 per cent of the population now lives in cities, up from about 36 per cent 10 years ago.

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ALEXANDER F. YUAN/THE ASSOCIATED PRESS

► Elderly men rest on a bench as a family with their newborn baby walk past at a park in Beijing, China, Thursday. China's population is aging rapidly and half the people now live in cities, the government said Thursday.



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As a Director on the Toastmasters International Board of Directors, Susan Dalati is a "working ambassador" for the organization and represents it in a variety of capacities. A resident of Manotick, Susan has been a Toastmaster for 12 years and is passionate about sharing what she has learned.

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PRAYER FOR LOST

► Those lost at sea may now become Buddhas, priests say ► Families of missing loved ones seek comfort in Shinto beliefs, 49 days after the disaster

Buddhist priests burned incense and chanted Thursday for Japan's tsunami victims, marking the 49th day since the disaster and closing the period when the dead were believed to be wandering restlessly through destroyed hometowns.

About 1,200 mourners filled a hall to overflowing, with many standing outside a gate, for a ceremony organized by 170 priests in the northeastern town of Soma, where much of the coast remains buried in mountains of debris from the March 11 earthquake and tsunami.

Many carried framed photographs of lost loved

"Maybe someday my brother will be found. Maybe not. But he has at least had this."

KIYOSHI SAKURAI, PRAYING FOR HIS MISSING ELDER BROTHER

ones and wept. Some clutched wooden tablets containing Buddhist names assigned to the dead to help them find their way into their next phase of existence.

"There are people lost at the bottom of the sea who will never be found. But this is the day they become Buddhas. We pray for them all, and for all sentient beings," Buddhist

priest Kojin Sato said.

Overall, the quake and tsunami is believed to have killed nearly 26,000 people, though only about 14,500 bodies have been found.

Kiyoshi Sakurai fears that will be the case with his elder brother, missing since the disaster.

"It's very difficult because we couldn't have a proper funeral. But this gives us some feeling of closure," Sakurai said, clutching a blurry photo of his brother.

"It was comforting to have so many priests come to pray for our relatives," he said.

Many Japanese share

Buddhist beliefs with the native Japanese religion of Shinto, which worships spirits in nature and dead ancestors. Virtually all rites related to death are Buddhist, and in many Japanese schools of Buddhist thought, the dead wander near their homes for 49 days before heading into their next stage of existence on the 50th day.

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26,000 The quake and tsunami is believed to have killed nearly 26,000 people, though only about 14,500 bodies have been found.



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► Relatives carry flowers as they pray for school children and teachers, either dead or missing, who were the victims of the March 11 earthquake and tsunami. The memorial service at Ishinomaki, northeastern Japan, was held Thursday, the 49th day after the disaster to honour the dead in a Buddhist custom.

Army defiance shows cracks in Syria's regime

THE ASSOCIATED PRESS

Syrian army units have clashed with each other over following President Bashar Assad's orders to crack down on protesters in Daraa, a besieged city at the heart of the uprising, witnesses and human rights groups said Thursday.

More than 450 people have been killed across Syria — about 100 in Daraa alone — and hundreds detained since the popular revolt against Assad began in mid-March, according to human rights groups.

While the troops' infighting in Daraa does not indicate any decisive splits in the military, it is significant because Assad's army



► Syrians flee to Wadi Khaled, Lebanon, about one kilometre from the Lebanon-Syria border on Thursday.

has always been the regime's fiercest defender.

It is the latest sign that cracks, however small, are developing in Assad's base of support that would have

been unimaginable just weeks ago. About 200 members of Syria's ruling Baath Party have resigned over Assad's brutal crack-down. **THE ASSOCIATED PRESS**

Syria tried to build nuclear reactor: UN

The head of the International Atomic Energy Agency said for the first time that a target destroyed by Israeli war-

planes in the Syrian desert in 2007 was the covert site of a future nuclear reactor, countering assertions by Syria that it had no atomic secrets.

Israel has never publicly commented on the strike or even acknowledged carrying it out. The U.S. has shared intelli-

gence with the agency that identifies the structure as a nearly completed nuclear reactor that, if finished, would have been able to produce plutonium for the fissile core of nuclear warheads.

Syria denies any covert nuclear activity.

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Yemen protests heat up after 12 killed

► Opposition parties call killings of protesters a 'savage massacre'

Tens of thousands rallied across Yemen on Thursday, denouncing the killing of 12 protesters the previous day in Sanaa and demanding the country's longtime ruler step down.

Demonstrators took to the streets to condemn Wednesday's brutal crackdown by forces loyal to President Ali Abdullah Saleh in Sanaa and several other Yemeni cities.

The violence drew a condemnation from the U.S. Embassy, which said

in a statement it was distressed by the killings. It urged Yemenis to avoid "all provocative demonstrations, marches, and speeches in the coming days."

Saleh has clung to office despite near-daily protests calling for his ouster since early February.

On Wednesday, hundreds were wounded when security forces backed by snipers fired on about 100,000 demonstrators. **THE ASSOCIATED PRESS**



► A Yemeni girl flashes the victory sign as female anti-government protesters, not seen, chant slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh, in Sanaa, Yemen, on Thursday.

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Students in the Business Administration program learn the business fundamentals in the first three levels, before choosing a major in which to specialize in the remaining three levels. Majors include Accounting, General Business, Financial Services, Human Resources, International Business, Marketing, and Materials and Operations Management.

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Students in the Business – Marketing program learn all aspects of marketing, from product conception to consumption. The program provides both marketing theory and applied learning through a number of marketing courses, culminating with a comprehensive marketing plan project with an industry client in the fourth level.

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Green Business Management

The Green Business Management program at Algonquin College is the first of its kind in Canada. The unique curriculum and delivery method emphasizes the eco-logic and economic relationships among business, organizations, planet, people and communities.

Law Clerk

Students in the Law Clerk program learn a broad range of legal topics and processes in preparation for employment as legal assistants/law clerks.

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Students in the Law Clerk (Intensive) program learn a broad range of legal topics and processes in preparation for employment as legal assistants/law clerks.

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The Marketing and Business Intelligence Research program is a great foundation to a rewarding career in a fast-changing, growing field. Students learn how people think, how and why people purchase items, and what motivates people to behave the way they do.

Office Administration – Executive

The Office Administration – Executive program is designed to prepare students for the fast-paced administrative field, including select legal environments such as intellectual property.

Office Administration – General

Students in the Office Administration – General program learn to develop their office, technical, communications, and human relations skills, and have the opportunity to gain practical experience through simulated office situations. Graduates of the program have the opportunity to enter the second year of the two-year Office Administration diploma program – Executive and/or Legal specialization.

Office Administration – Legal

Students in the Office Administration – Legal program are trained in legal document production, office procedures, and legal concepts. Students are capable of immediate entry-level functioning in legal office environments upon graduation, and are in high demand by employers.

Organizational Quality Management

This program is designed to provide graduates with practical knowledge to be a significant contributor in many areas of quality management. Graduates are eligible to write the certification exams for a number of professional designations sponsored by the American Society for Quality (ASQ).

Paralegal

The Paralegal program is accredited by the Law Society of Upper Canada, and prepares graduates to provide legal services under the guidelines of a licensed paralegal. In the final semester, students gain practical experience through a mandatory field placement.

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The Professional Accounting diploma program offers the curriculum of a 2-year diploma in one year to students looking to pursue the Certified General Accountant designation.

Small and Medium Enterprise Management

Algonquin College's Small & Medium Enterprise (SME) Management program provides students with the managerial concepts and ownership principles required for a successful career in the management or ownership of a small- to medium-sized enterprise. This program is well suited to entrepreneurial individuals looking to work with like-minded students to achieve their goals.

Sport Business Management

The Sport Business Management program at Algonquin College prepares students for the growing sport industry. Students are prepared for work within the broader area of sport, particularly management.



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Pair plead guilty in case of girl held for 18 years

- Victim relieved after couple confess to their crimes
- Both defendants waive their right to appeal

A convicted sex offender and his wife have pleaded guilty to charges of kidnapping and raping a Northern California girl when she was 11 and holding her captive for nearly two decades.

Phillip Garrido, 60, who fathered the two children of victim Jaycee Dugard, entered the plea in California Thursday under a surprise deal with prosecutors that calls for a sentence of more than 430 years to life.

His wife, Nancy Garrido,



► Phillip Garrido

55, also pleaded guilty in a deal that calls for 36 years to life.

Dugard was snatched from her family's South Lake Tahoe street in 1991.



► Nancy Garrido

The plea deals will spare Dugard, now 30, and her two daughters, aged 13 and 16, from having to testify.

THE ASSOCIATED PRESS

Manitoba. Wet and not wonderful



► A home surrounded by water from the flooded Red River remains protected by dikes in the St. Adolphe area south of Winnipeg.

DAVID LIPNOWSKI/THE CANADIAN PRESS

Saskatchewan blamed for floods

Drenched western Manitoba will have to grin and bear it. Officials say it may be several months before flood waters recede. And the blame, they say, lies in Saskatchewan. It has been giving Manitoba "its fair share of water," says Steve Topping. Almost 2,000 people have had to leave their homes. A little more than 60 provincial highways have been affected and 600 municipal roads are closed.



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Canadians like to watch online




► Internet video consumption surged by 37 per cent in past six months ► Netflix likely to boost numbers

Canadians are the world's most voracious consumers of online video, viewing far more videos, for far longer, than web surfers in other countries, measurement firm comScore reports.

Last month alone, 22.5 million unique Canadian users watched 5.6 billion online videos for 388 million hours of viewing. That averages out to about 251 videos per user and 17.2 hours of viewing.

And those numbers don't account for video streaming through Netflix, which launched in Canada in late September and has amassed 800,000 paying customers.

Market moment

TSX	Dollar
	
-12.6 (\$13,880)	+0.04¢ (105.26¢ US)
Oil	Natural gas
	1,000 cu ft
-34¢ US (\$112.42 US)	\$4.377 US (-1.0¢ US)
	Gold contracts
	\$1,532 US (+ \$14.90 US)

According to comScore's data for March, about 90 per cent of Canadian Internet users

watched some online video last month, compared to 81 per cent in the U.K., 83 per cent in France and 84 per cent in Germany and the United States.

Web users aged two through 24 were extremely engaged, with 94 per cent having watched some online video. Users over 65 were less likely to have watched online video but by only a few percentage points, at 86 per cent.

ComScore spokesman Andres Palmiter said Friday's royal wedding could turn more web surfers into regular online video watchers.

THE CANADIAN PRESS

Shmatte. Trade



► Brazilian supermodel Gisele Bundchen works the window — and the crowd — at C&A department store in Sao Paulo, Brazil, to mark the launch of her women's clothing line.

ANDRE PENNER/THE ASSOCIATED PRESS

Now that's a window of opportunity

She's walked the major catwalks of the world. Now Gisele Bundchen is taking a role in the design side of the fashion business after the launch on Thursday of her self-named clothing line. With an income of an estimated \$33 million US in 2007, she was named the world's top-earning model by Forbes magazine.

Crack repaired in Trans Mountain line

Crude oil is once again flowing through the Trans Mountain pipeline from Alberta to Burnaby, B.C., and Washington State. Operator Kinder Morgan says it has restarted at 80 per cent capacity. The line, which can carry up to 300,000 barrels per day, was shut down on Good Friday when a small crack

leaked crude on a farmer's field outside Edmonton.

A spokesperson said the company is meeting with the National Energy Board next week to decide when the line can be brought back up to full capacity.

THE CANADIAN PRESS

Chrysler repaying debt

Chrysler will take out bank loans and sell debt to repay \$6.6 billion that it still owes the U.S. and Canadian governments. The deal would give the governments a big chunk of the money they loaned to Chrysler to keep it from bankruptcy in

2009. It also would save Chrysler millions of dollars in interest payments and would be a major step toward its becoming a publicly traded company again.

THE ASSOCIATED PRESS

Sony: Data encrypted

The credit-card data of PlayStation users — compromised by hackers last week — was encrypted, reducing but not eliminating

the chances that thieves could have used the information, Sony Corp. says. It said it expects to have some services back up by Tuesday, though it added it will restore operations only if it is confident the network is secure.

THE ASSOCIATED PRESS

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► No fun for PlayStation users this week

Friendster in need of a makeover

Faded social networking site Friendster will soon delete nearly a decade's worth of user photos, blog entries and other data in a revamp to set it apart from Facebook, company officials said on Thursday. The overhaul is meant to help Friendster regain a semblance of online relevance after being



► Friendster owner Vincent Tan

Friendster emailed its members over the past week to inform them to save their pictures, profile information, messages and blog posts on other

sites by May 31, said Nor Badron, a company spokesman in Singapore.

"This is an evolution of the site to push the boundaries of our business," he said. "It's not about direct competition with Facebook. Whoever wants to compete with Facebook would be crazy."

It's the biggest change to Friendster since Malaysian tycoon Vincent Tan's online payment systems company MOL Global purchased the site in late 2009. Tan's businesses include retail franchises in Southeast Asia such as Starbucks and 7-Eleven.

THE ASSOCIATED PRESS

Buddy system

- In June, Friendster will launch services that are not provided by Facebook, focusing on a new platform for social interaction in gaming, music, entertainment and online shopping.
- Friendster members can cultivate alternative identities different from their real-life ones.
- At least 80 role-playing,

card, puzzle and strategy games will be available.

- Though membership is free, subscribers will be charged for value-added features such as "virtual gifts" and enhancements for individual accounts.
- The biggest number of Friendster users are in the Philippines, the United States, Malaysia, Indonesia and Britain.



► McDonald's teaches team building and deadline discipline, company managers say.

'McJobs' still in demand

- Fast food isn't always a low-paying, unstimulating dead end
- For some people it can offer real career opportunities

McDonald's recent hiring day in Canada was an unqualified success, with 20,000 to 25,000 applicants showing up for roughly 4,000 jobs across the country, says senior vice-president of people Len Jillard.

The number far exceeded expectations, Jillard said. "Our target was to have 10,000 applications."

The Canadian arm of the world's best-known fast-food chain picked up on the idea of a hiring day from south of the border, but Jillard insists it wasn't because McDonald's has trouble finding people.

"We thought that rather than each individual restaurant or operator doing their thing, because we hire 365 days a year ...

let's collectively put our efforts together and create a real awareness around it in terms of what we do offer."

Fast-food jobs have long had a bad reputation, but they remain a staple for students who have little or no work experience.

Having McDonald's on your resume remains a plus, said Jillard, a former

burger flipper himself. "Sixty per cent of us on the leadership team, we all started in the restaurant as teenagers."

"When they have McDonald's work experience on their resume they come to the top of the pile," he said. "They're used to working in teams in a high-paced environment."

THE CANADIAN PRESS



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TELEVISION'S SENSORY OVERLOAD

THE METRO LIST

MIKE BENHAIM
METRO



This week, the 3 Rs: Royalty, religion and reality TV
1 Vocal eyes: I took a slight interest in the debut of *The Voice* this week. Now I have ignited the curiosity that will dictate my whereabouts every Tuesday night for the rest of the season. Damn you, Christina Aguilera!

2 Sensory overload: So here's my new schedule: Monday night is *Dancing With The Stars*, but I have to tune in Tuesday for the results, right before watching *The Voice*. Wednesday is *American Idol*, which has its results air Thursday. During commercials, I check the NHL and NBA playoffs, but under extreme pressure (from my wife) to return quickly for fear of missing one of Bruno Tonioli's golden metaphors that may or may not pertain to dance. To add to my frustration, Rogers' digital PVR does not allow us to record more than two shows at once, and you have to be watching one of them! I CAN'T TAKE THIS PRESSURE! Thank God it's Friday.

3 NBA playoffs: Hey, remember when Canada had two NBA teams? Well, the Vancouver Grizzlies are now in Memphis (and retained the name Grizzlies, which makes no sense, although they may have a grizzly at the Memphis Zoo). The Grizzlies have surprised everyone by going toe-to-toe with the best team in the west, the San Antonio Spurs. Can we have them back now, please?

4 NHL playoffs: My impression of Habs fans this week: "Oh yeah! ... Yes! ... What? Noo!! Wait ... maybe ... Nope. Go Canucks!"

5 Royal wedding: Earlier this week, I saw a show called *A Royal Wedding* on TLC, where I watched experts speak for 15 minutes about the makings of the "royal cake" for the upcoming royal nuptials. I then proceeded to the royal biker bar to get someone to royally punch me in the head.

6 Miss Fortune: Lindsay Lohan did some time again last week for the jewelry theft that violated her 2007 probation for drunk driving. She was sentenced to 120 days in jail and 480 hours community service, but was released on bail pending an appeal. Her parents were not present since they had tickets to see Charlie Sheen's *Torpedo Of Truth* show.

7 "So let it be written": Ask anyone who their favourite Bible hero is and Moses and Jesus come a close second to Charlton Heston. Easter weekend is his "royalties Super Bowl" with repeated broadcasts of *The Ten Commandments* and *The Greatest Story Ever Told*. It's hard to resist such profound biblical dialogue.

"... to be stripped of spirit, and hope, and strength, only because they are of another race, another creed ... If there is a God, he did not mean this to be so."

It reminds me of a classic George Carlin routine where he offers clarification of the following commandment:

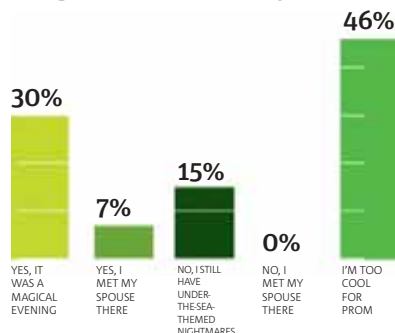
"Thou shalt try real hard not to kill anyone, unless, of course, they pray to a different invisible avenger than the one you pray to."

Good night. I'll be here all weekend.



Register at
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and take the quick poll

Disney's Prom premieres Friday. Do you have good memories of your prom night?



Worth mentioning

ATHENS. The World Health Organization will give Greek Prime Minister George Papandreou a World No Tobacco Day award for passing anti-smoking legislation in Greece — a country where the new smoking ban is largely ignored.

Papandreou's government introduced the ban last September, outlawing smoking in enclosed public areas in the third attempt by Greek authorities to crack down on smoking in recent years.

Those caught violating the new law face fines of between \$74 US and \$740, while businesses can be fined between \$740 and about \$14,800.

But the ban is openly flouted, and people light up freely in bars, cafés and restaurants. Even some public offices are not immune in a country where, according to a European Commission survey published in 2009, 42 per cent of people older than the age of 15 smoke.

WHO spokesman Timothy O'Leary said Thursday the award was one of 36 given out each year. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

These thieves are extra slippery

No sticky fingers here. These pilferers probably have slippery digits.

The increase in fuel prices has led to an increase in the number of used fryer grease rustlers roaming restaurant alleys in the United States, Reuters reports.

The grease is cleaned and sold for use as biofuel, livestock feed and other products.

An Omaha recycler has filed theft reports with police in Omaha and Lincoln in Nebraska, and Sioux City, Iowa.

Grease thefts have spiked whenever fuel prices skyrocketed during the last four years and this spring is no different, according to Tom Cook, president of the U.S. National Renderers Association.

Processed fryer oil is not trash. It is called yellow grease and traded. Its value is driven by higher prices of gas and ethanol.

"The price (of yellow grease) is real good right now," Cook said. "And those who steal it are really getting a good deal because they're not paying for it."

● METRO

Local tweets



► @LianneW: @giuseppelo I understand the need to protect

access to drinking water but to limit outdoor use to this degree impacts health & commerce!

► @freedomcreative: Ottawa friends — know a good roofer or handyman available on short notice? Lost some shingles in the wind today, gonna rain tonight ...

► @baldjam: anyone know where my recycling bins flew to? #ottcity #Ottawa

► @_mtaylor: #Ottawa> Police did a great job on Hunt Club during the drive home

controlling traffic. Only wish they could ticket the stupid drivers

► @critchsa: So excited for The Black Keys at #Bluesfest in #ottcity

► @Bill_Owen: #canadaelection> Just in time for the election! #Wikileaks> releases Canadian cables! http://j.mp/mGerNb

► @christinapeden: I don't care how nerdy it is, I'm so excited for the #RoyalWedding tomorrow! Waking up at 5am! #rw2011

► @alannahedley: I should probably take a nap considering i'm getting up at 3 to watch the #royalwedding


▶ Thomas McDonell and Aimee Teegarden star in *Prom*.

Reel Guys

RICHARD CROUSE & MARK BRESLIN

SCENE@METRONews.CA



A predicatable Prom

▶ Richard Crouse and Mark Breslin debate the merits of *Prom* ▶ Teen movie fails to bring anything new, funny or interesting to the big dance

Richard Crouse: Mark, first of thanks for the corsage. It was perfect for the *Prom* screening, and how did you know aqua carnations are my favourite? As for the movie itself, I know it is meant for teens and we're somewhat older than the target audience, but really, I think there is a case to be made to bring the filmmakers up on charges of elder abuse for making us sit through this tedious exercise in youth entertainment. What did you think?

Mark Breslin: Richard, I would have hated this movie even when I was a teen. My objection is not that it was for teenagers, but that it was made for stupid and uncritical teenagers. There have been lots of smart, sly high school movies: *Heathers*,

Plot synopsis

▶ Nova Prescott (Aimee Teegarden) is an overachieving senior and head of the prom committee. After spending weeks working on decorations for the big night a mysterious fire re-

Mean *Girls*, *Jawbreaker*, *Easy A*. This is NOT one of them. Except for the incredible plot twist revealed halfway through the picture, there would be no reason to see it.

RC: Incredible plot twist? I just saw it and have no idea what you mean. This is as "by the book" as it gets. Anyone who doesn't know how this is going to end by the time the opening credits have played has never

duces her hard work to ash. Will the prom go on? Will school rebel Jesse Richter (Thomas McDonell) actually turn out to be a good guy? Will anyone care by the time the credits roll?

▶ **Ratings:**
Richard: Zero
Mark: Ⓢ

seen a movie before. Predictable in the extreme, even the stuff this kind of movie usually gets right, like the comic relief, doesn't bring any relief.

MB: The plot twist is this: One of the girls gets accepted to Parsons School of Design for the following semester, but the letter is clearly dated 2015. That means the entire movie is taking place four years into the future, during which

time a group of orthodontists from outer space colonize a high school and replace the students with insipid, dweeby versions of themselves, giving them all perfect teeth in the process. Diabolical! Then they turn the males into '80s teen star clones of Ralph Macchio, Keanu Reeves, John Cusack, etc. Diabolical, I say!

RC: Ha! The only truly diabolical thing about this movie is the script, which makes the old *Afternoon Specials* seem like Chekov. The characters all seem borrowed from *The Breakfast Club* only without the special touch that John Hughes brought to his movies.

MB: And I've never seen a bad boy roll over so fast. I don't think a principal can order a student to do extracurricular work.

Scene in brief



Jason Sudeikis will host the 20th annual MTV Movie Awards. The *Saturday Night Live* cast member will host the June 5 show. The awards will take place at the Gibson Amphitheatre in Universal City, Calif., and air live on MTV.

THE ASSOCIATED PRESS



Farrell celebrates Lollapalooza's 20th anniversary with Eminem, Foo Fighters, Coldplay, Muse

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Goodwin tackles an unsympathetic role

► Something Borrowed actress liked the chance to play the antagonist



In taking on the lead role of Rachel in *Something Borrowed*, actress Ginnifer Goodwin found a whole new challenge: making a character sympathetic when you just want to give her a good slap. In the film, Rachel finally makes a move on the man she's loved for years, despite the fact that he's engaged to her best friend (Kate Hudson). The *Big Love* star sat down with Metro to talk about playing a difficult character and longing to get back to her Shakespearean roots.

What was the draw for you for this character?

I was actually inspired by the challenge of making her sympathetic because, on paper, I don't agree with any of her decisions. I was inspired by the fact that I judge her so harshly, and I wanted to tackle my fears about playing her. I took the part because I



► Ginnifer Goodwin stars in *Something Borrowed*, which opens in theatres next Friday.

wanted to understand girls like her, women like her.

Did your opinion of her change after playing her?

I feel that I can be more sympathetic, though I may not be able to fully say I empathize with her in any way. Ultimately she just makes so many choices that are off of my own moral compass. On paper she's the antagonist, if you step back.

What advice would you give Rachel if you were her friend?

Oh my gosh. "Grow some balls, lady." I mean, it's a difficult situation for Rachel because she's always looked for her self-worth in the attention that she receives from other people. Ultimately I would say to her — but she's not ready for this at the top of the movie — you know, ask for what you want. The worst thing that can happen is you are rejected and

you will move on. In the history of the world, no one has ever died of a broken heart.

You have a lot of Shakespeare in your background. Do you have any plans to do more?

Oh, I'd kill to do anything that anyone would let me do. I mean, Shakespeare is my first love and my introduction, really, to theatre. I would do anything to be back on stage performing Shakespeare plays.



► Josh Lucas stars in *Daydream Nation*.

Lucas goes on a career Daydream



Josh Lucas is an actor who spends his career bouncing between mainstream movies and independents, just as likely to pop up in something like *A Beautiful Mind* as he is in a film like *Undertow*. Lucas' latest project is another entry in the indie camp, the small and darkly funny Canadian film *Daydream Nation* by first-time director Michael Goldbach (who co-wrote *Childstar* with Don McKellar).

The film is about an intelligent, but lost teenage girl (Kat Dennings) in a small town where boredom and mediocrity count as pastimes. She alleviates the tedium by initiating a rather inappropriate relationship with her teacher played by Lucas. An odd role to say the least, but one that the actor could relate to.

"I remember a couple

of teachers in high school who had a similar energy," Lucas told Metro. "They wanted to be the coolest kid in class and yet they're the teacher. I thought that was a great place to work from and hopefully the audience ends up sympathizing with him and his ridiculously bad choices."

The actor got involved in the project rather suddenly and under odd circumstances.

"It was Christmas Eve and I got an email from my agent saying, 'urgent you have 24 hours to decide whether or not you want to do this movie.' I was like, 'it's Christmas Eve, what are you crazy?'" laughed Lucas. "But, I read the first few pages and got sucked in. I thought the script was extraordinary, incredibly intelligent, mature, and funny. So I signed on and less than a week later I was in B.C. shooting."

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Fast Five is ridiculous, but exciting

Fast Five
Genre: Action
Director: Justin Lin
Stars: Vin Diesel, Paul Walker, Dwayne Johnson
🌐🌐🌐
In any conventional sense, Fast Five is a bad movie. The dialogue is laughable,

the plot ridiculous, and the acting is over-the-top. Yet, those qualities are part of what people love about cheesy action movies — and Fast Five definitely delivers for that audience.

The whole thing is ludicrous, but hilariously so and most importantly it never winks at the camera. This is earnest cheese and all the funnier for it. The series'

characters are now inexplicably high stakes professional thieves and the movie reunites them for "one last job" with a perpetually greased up and pissed off The Rock in pursuit for the FBI.

Within seconds a bus is flipped and from that point on barely a minute passes without a scene involving a fast car, a scantily clad lady, a gun, an explosion, a one-liner, or

all five. It's all big dumb fun paced for the ADD crowd and would be easy to mock were it not so entertaining. The action defies physics and logic and the script sounds like it was written by a monkey, but every scene is either unintentionally hilarious or genuinely exciting. If you have a taste for high-octane trash, Fast Five offers your drug of choice.

● PHIL BROWN


Hoodwinked Too! Hood vs. Evil

Genre: Animation
Director: Mike Disa
Stars: Hayden Panettiere, Glenn Close
🌐🌐½

In the fairy-tale spoof Hoodwinked Too!, Little Red Riding Hood (Hayden Panettiere) returns as a covert operative assigned to rescue kidnap victims Hansel and Gretel. Where the 2004 original suffered from cut-rate animation, the sequel clearly compensates — it's in 3-D even! However, in spite of cheeky, rapid-fire, pop-culture laced dialogue, the story lacks depth.

● STEVE GOW


The Topp Twins: Untouchable Girls

Genre: Documentary
Director: Leanne Pooley
Stars: Jools and Lynda Topp
🌐🌐½

Combining archive footage and interviews, filmmaker Leanne Pooley uncovers (for Canadian audiences at least) one of New Zealand's most fascinating and enduring musical acts with The Topp Twins: Untouchable Girls. Profiling a pair of rural activist lesbian singing siblings, the documentary rises above preconceived notions to tell a refreshing real life story.

● STEVE GOW

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Splitting the Choir: The Moving Images of Donigan Cumming (STC) Fri 7:30

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

Challenges of Life (STC) Fri-Thu 10-12:2 Fri-Thu 11:1
A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Thu 3:35 Fri-Thu 3
Plants (STC) Fri-Thu 6 Fri-Thu 7
Volcano (STC) Fri-Thu 10:30-12:30 Fri-Thu 11:30-1:30

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

African Cats (STC) Fri-Sun 12:40-3:10 7:05-9:25 Mon-Thu 3:45 7:05-9:25 Star & Strollers Screening Thu 1
Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

Hoodwinked Too! Hood vs. Evil 3D (G) Fri-Sun 1:20-3:40-6:40-9:10 Mon-Thu 4:05-6:40-9:10
Hop (G) Fri-Sun 1:10-4:25 7:25-9:50 Mon-Thu 4:35 7:25-9:50
Limitless (14A) Fri-Sat 4:05 7:10-10 Sun 4:05 7:10 Mon-Thu 4:25 7:10
Memphis (STC) Wed 7
The Metropolitan Opera: Il Trovatore (STC) Sat 1
Prom (PG) No Passes Fri 1-4 7-9:45 No Passes Sat 1-4 7-9:45 No Passes Sun 1-4 7-9:45 No Passes Mon-Thu 4:15 7-9:45 No Passes Sat 7:9-45
Rio 3D (G) Fri-Sun 1:30
Rio 3D (G) Fri-Sun 12:50-3:20-6:50-9:15 Mon-Thu 3:50-6:50-9:15
Scream 4 (14A) Fri-Sun 12:45-3:45-6:35-9:20 Mon-Thu 4:6-35-9:20
Source Code (PG) Fri 1:25-4:30-6:55-9:40 Sat 4:40-6:55-9:40 Sun 1:25-4:30-9:40 Mon-Thu 4:30-6:55-9:40
Thor (PG) No Passes Thu 12
Water for Elephants (PG) No Passes Fri-Sun 12:35-3:35-6:45-9:35 No Passes Mon-Thu 3:55-6:45-9:35 Star & Strollers Screening, No Passes Thu 1
WWE Extreme Rules - 2011 (STC) Sun 8

Fast Five (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Wed 3:40-6:30-9:30 No Passes Thu 3:40-6:20-9:10 No Passes Fri-Sun 1:15-4:15 7:15-10:15 No Passes Mon-Thu 4:20-7:15-10:15
Hanna (PG) Fri 12:55-3:50 7:30-10:10 Sat 4:45-7:30-10:10 Sun 12:55-3:50 7:30-10:10 Mon-Thu 4:10-7:30-10:10 Wed-Thu 4:10-7:30-10:10

3:40-6:40-9:20 Mon-Thu 3:40-6:40-9:20
Jane Eyre (PG) Fri 3:30-6:30-9:10 Sat-Sun 12:30-3:30-6:30-9:10 Mon-Thu 3:30-6:30-9:10
Prom (PG) Fri 4:7-9:25 Sat-Sun 1-4 7-9:25 Mon-Thu 4:7-9:25
Rio (G) Fri 3:55-6:55-9:35 Sat-Sun 12:55-3:55-6:55-9:35 Mon-Thu 3:55-6:55-9:35
Source Code (PG) Fri 3:45-6:45-9:40 Sat-Sun 12:45-3:45-6:45-9:40 Mon-Thu 3:45-6:45-9:40
Water for Elephants (PG) Fri 3:35-6:35-9:15 Sat-Sun 12:35-3:35-6:35-9:15 Mon-Thu 3:35-6:35-9:15
Win Win (14A) Fri 3:50-6:50-9:30 Sat-Sun 12:50-3:50-6:50-9:30 Mon-Thu 3:50-6:50-9:30

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Bubba Ho-Tep (STC) Sat 11:30 Wed 9:30
Choclat (STC) Thu 7
No Films Showing Today (STC) Sun Tue
The Rocky Horror Picture Show (14A) Fri 10:45
Unknown (14A) Sat 9 Mon 9 Wed 7 Thu 9:30

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Just Go With It (PG) Fri 7
Mars Needs Moms 3D (PG) Sat 2
No Films Showing Today (STC) Sun-Thu 11:30-1:30

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

The Adjustment Bureau (PG) Fri-Thu 7:10-9:25
Gnomeo and Juliet (G) Fri-Thu 12:35-2:55-4:40
Just Go With It (PG) Fri-Thu 10:20-6:45-9:15
The King's Speech (PG) Fri-Thu 10:30-3:40-6:35
Mars Needs Moms (PG) Fri-Thu 12:45-2:45-4:40
Paul (14A) Fri-Thu 10:40-6:55-9:10
Rango (PG) Fri-Thu 10:10-12:20-2:40-4:55
Soul Surfer (PG) Fri 7:05 Sat-Thu 10:2-3:07:05
Sucker Punch (14A) Fri-Thu 12:10-4:50-9:20
Your Highness (18A) Fri-Thu 1-9

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

Fast Five (PG) No Passes Fri 4:6-50-9:20 No Passes Sat-Sun 1:15-4:6-50-9:20 No Passes Mon-Thu 4:6-50-9:20
Hoodwinked Too! Hood vs. Evil 3D (G) Fri 4:30-7:10-9:30 Sat-Sun 1:45-4:30-7:10-9:30 Mon-Thu 4:30-7:10-9:30
Hop (G) Fri 4:15 Sat-Sun 1:30-4:15 Mon-Thu 4:15
Scream 4 (14A) Fri-Thu 7-9:10

Fast Five (PG) No Passes Fri 4:6-50-9:20 No Passes Sat-Sun 1:15-4:6-50-9:20 No Passes Mon-Thu 4:6-50-9:20
Hoodwinked Too! Hood vs. Evil 3D (G) Fri 4:30-7:10-9:30 Sat-Sun 1:45-4:30-7:10-9:30 Mon-Thu 4:30-7:10-9:30
Hop (G) Fri 4:15 Sat-Sun 1:30-4:15 Mon-Thu 4:15
Scream 4 (14A) Fri-Thu 7-9:10

Fast Five (PG) No Passes Fri 4:6-50-9:20 No Passes Sat-Sun 1:15-4:6-50-9:20 No Passes Mon-Thu 4:6-50-9:20
Hoodwinked Too! Hood vs. Evil 3D (G) Fri 4:30-7:10-9:30 Sat-Sun 1:45-4:30-7:10-9:30 Mon-Thu 4:30-7:10-9:30
Hop (G) Fri 4:15 Sat-Sun 1:30-4:15 Mon-Thu 4:15
Scream 4 (14A) Fri-Thu 7-9:10

Fast Five (PG) No Passes Fri 4:6-50-9:20 No Passes Sat-Sun 1:15-4:6-50-9:20 No Passes Mon-Thu 4:6-50-9:20
Hoodwinked Too! Hood vs. Evil 3D (G) Fri 4:30-7:10-9:30 Sat-Sun 1:45-4:30-7:10-9:30 Mon-Thu 4:30-7:10-9:30
Hop (G) Fri 4:15 Sat-Sun 1:30-4:15 Mon-Thu 4:15
Scream 4 (14A) Fri-Thu 7-9:10

Fast Five (PG) No Passes Fri 4:6-50-9:20 No Passes Sat-Sun 1:15-4:6-50-9:20 No Passes Mon-Thu 4:6-50-9:20
Hoodwinked

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Test Freak
Testosterone booster
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Creatine
100 capsules



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Pre work-out
800 g



Hot Buy*
\$49⁹⁹

BSN
N.O.-Xplode
Pre work-out
2.2 lb



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\$14⁴⁹

GNC
Ultra Omega 3
Essential fatty acids
180 softgels



Hot Buy*
\$24⁹⁹

GNC Total Lean
CLA
Weight management
120 softgels



Hot Buy*
\$39⁹⁹

MuscleTech
Hydroxycut
Weight management
120 capsules



Hot Buy*
\$29⁹⁹

GNC Men's or Women's
Ultra Mega Active
Mega Men Sport
Multivitamins • 180 caplets



Hot Buy*
\$39⁹⁹

Nu-Life
Enzyte
Men's health
30 tablets



Hot Buy*
\$24⁹⁹

Optimum Nutrition
Gold Standard
100% Whey
Protein
2 lb



Hot Buy*
\$39⁹⁹

Optimum Nutrition
Gold Standard
100% Casein
Protein
2 lb



GNC Pro Performance
Maximum Whey
2 lb - \$23⁷⁹
5 lb - \$39⁷⁹



GNC Pro Performance
Mass XXX
3.5 lb - \$24⁷⁹
8.8 lb - \$52⁷⁹
15.9 lb - \$88⁷⁹



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10 lb - \$104⁷⁹

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► Pat Monahan of the band Train performs during the 28th Annual ASCAP Pop Music Awards on Wednesday.

Rod Stewart, Train honoured at ASCAP

Two of the year's most prolific hitmakers, Lukas (Dr. Luke) Gottwald and Max Martin, are the American Society of Composers, Authors and Publishers' songwriters of the year.

The two men, who are responsible for such hits as Miley Cyrus' Party in the U.S.A. and Katy Perry's California Gurls, took top honours Wednesday at ASCAP's 28th annual Pop Music Awards.

Train frontman Pat Monahan won song of the year for Hey, Soul Sister. EMI

Music Publishing was named publisher of the year.

Rod Stewart, Band of Horses and Randy Bachman were also honoured at the private ceremony at the Renaissance Hollywood Hotel. Ke\$ha, Adam Lambert, Taio Cruz and Darren Criss of Glee were among the night's presenters and performers.

ASCAP is a performing rights organization with more than 400,000 members.

THE ASSOCIATED PRESS

What happens after happily ever after?

► The Submarines are exploring that question with new album



PAT HEALY
SCENE@METRONWS.CA

METRO WORLD NEWS IN BOSTON

The story of the Submarines has all the makings of an indie rock rom-com: Boy meets girl, they fall in love, move to L.A., break up, then realize they've been writing songs about each other, so they form a band, fall in love all over again and get married.

But that was several years ago. Their new album, Love Notes/Letter Bombs, finds singers and instrumentalists Blake

Hazard and John Dragonetti exploring what happens after happily ever after.

The songs are jumpy and fun with plinking and blooming instrumentation; but beneath the sunny surface lurks that slightly antagonistic chemistry that can keep a relationship vital.

The opening line of the song Tigers is: "The piano makes the sound you play so quietly/these love notes, letter bombs/you send them back to me."

That feels like it's both your songwriting process and domestic life.



► Blake Hazard and John Dragonetti of The Submarines are pictured during a 2008 performance in Los Angeles.

Dragonetti: It definitely is.

Hazard: God, that's really funny. I hadn't thought about that. They are sort of like love notes and letter bombs we throw at each other in songs.

You really hadn't thought of that? I thought it was just autobiographical.

Hazard: Well it is, but with Tigers, I had a vision

of this rambling old mansion in this Wes Andersonesque setting, where this couple is sort of running around. And I was imagining tying a love note around a brick and throwing it through a window, this kind of sinister cuteness or something. I was kind of imagining more of that. I guess I didn't see it as a metaphor for what we were doing.

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KARL WALTER/GETTY IMAGES

GUIDE TO UN-GOOGLE-ABLE BANDS

SOUND CHECK



ALAN CROSS
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If you want to know more about a new band, the first step is to search them out on Google (or Bing or Yahoo or whatever). Most of the time, you find what you're looking for. But then there are those bands whose names can either break you or Google.

Names Consisting of Some Common Word

Before Google's algorithm had figured out that The

National was a well-regarded American band, it deposited you in Peter Mansbridge's lap. Hint: When searching for a band that uses a dreadfully common word, end the search query with (band). It even works with something as awkward as The The (band). Try it.

Bands who insist on using punctuation marks instead of words

Think Prince's old unpronounceable made-up typographical symbol was tough?

It gets worse.

There's an excellent American indie band which insists on identifying itself with three exclamation marks, as in !!! Unless you know that the preferred pronunciation of it is Chk Chk Chk (a search that Google will accept), you'll give any search engine a nervous breakdown. Same thing with ^ That Rhode Island band would like it if you called them Arc.



GETTY IMAGES

▶ Prince

Names that resemble glyphs, runes, random symbols and assorted windings

Mater Suspiria is a strange European entity that features a member named 3D> ◊< 3N. That must be a blast around driver's license renewal time. Don't break Google by entering that name; back-door things by going straight for

Mater Suspiria.

Names that look like logos scribbled in the back of a high school notebook

A gold star to anyone who can pronounce GL▲SS †33†H. Look carefully. Did you see Glass Teeth? Score! What about twYIY<ght>ZoNe? Twilight Zone, obviously — but unless you spell it just so, you'll be sent off into Rod Serling land. Then there's PWIN ^ ^ TEAKS, a band in the "witch house" genre (don't ask) disambiguating Twin Peaks.

Names that are just hopeless

The harder I tried searching for †††, the more neurotic Google became. The best I can gather is they chose that name so they could remain hidden to all but the most faithful. In the end, it was one big FAIL.

Same thing with ///▲▲▲\\, which I swear is the real name of a band. I couldn't find them, either. Another marketing/SEO FAIL.

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TV picks

Get your royal fix all day long

WEDDING. Royal wedding enthusiasts won't have to leave the couch all day today as numerous networks provide a full slate of programs related to Prince William and Kate Middleton's nuptials at Westminster Abbey. Evening specials on the newlyweds air on all the major channels, including CTV, Citytv, Global, A, ABC, NBC and CBS.

Dive into the Shark Tank

REALITY. If you're wedding-weary, check out a new episode of *Shark Tank*, in which a fiery entrepreneur presents her line of luxury maternity gowns and a Southern belle pitches

her homemade cakes. (Friday, A)

Catch the first Twilight flick




MOVIE. Catch the beginnings of another power couple, Kristen Stewart and Robert Pattinson, in the first *Twilight* film. Based on Stephenie Meyer's best-selling book series, the B.C.-shot drama stars Stewart as Bella Swan, who falls for a handsome vampire named Edward (Pattinson) when she moves to Forks, Wash. Many say this was the film that sparked the stars' real-life romance. (Saturday, Citytv)

THE CANADIAN PRESS




► Actor Eric Ladin stars in *The K*

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Murder and dirty politics

▶ Eric Ladin dishes on his role as campaign manager in AMC's *The Killing*

MATTHEW ROMANADA
SCENE@METRONEWS.CA

After the success of *Mad Men*, *Breaking Bad* and *The Walking Dead*, it seemed like AMC could do no wrong, so there was a great deal of pressure on its newest series *The Killing*. But after just five episodes it seems AMC has another hit, both with the critics and the viewers.

For those who have not jumped on yet, *The Killing* follows the investigation of the murder of a teenage girl through the eyes of the police, the victim's family and the municipal election campaign.

Actor Eric Ladin, who is no stranger to quality ca-

ble dramas after his stints on *Mad Men* and *Big Love*, plays Jamie Wright, the campaign manager of Seattle mayoral hopeful Darren Richmond (Billy Campbell).

Ladin spoke to Metro while in Vancouver shooting the last few episodes of the first season.

"Jamie and Darren have quite a bit of history together," Ladin said. "The relationship can be a little bit precarious for Jamie because of that history. He has to be honest and blunt with Darren even though they are friends."

In the most recent episode Jamie got to show off some of his dirtier political skills by infiltrating

his opponent's camp to find a mole in the Richmond campaign. Ladin said that he read several books written by political operatives and campaign managers as research for the role. He even spoke to some of the authors to get more insight.

"There was one operative that I did mold the character after but it's a name that I would rather not say, only because I'm not sure he would be OK with the comparison," Ladin said, adding that he watched plenty of *The West Wing* as well.

The murder investigation that is at the heart of *The Killing* is tied to the Richmond campaign be-

cause the body of the victim was found in a stolen campaign car. Ladin admits that Jamie sees the investigation "as a pain in his ass," but he is smart enough to use it to his advantage.

"Jamie is so good at taking a situation that is a negative or a death blow to a campaign ... and spinning it back against the other side," he said.

Ladin was coy about details for a second season of the show and if Jamie would be around for that, but is excited for that possibility.

The Killing airs Sundays on AMC at 10 p.m. EST. To catch up on earlier episodes go to amctv.com.

The Voice: Has Idol met its match?

AMBER RAY
SCENE@METRONEWS.CA

The Voice, the Mark Burnett-produced singing competition that made its debut this week, brought in 11.8 million U.S. viewers, making it the top-rated broadcast series premiere since *Undercover Boss* hit CBS after last year's Super Bowl.

It even bested stalwart draws *Glee* and *Dancing with the Stars*.

The reality competition stars judges Christina Aguil-

era, Cee Lo Green, Adam Levine and Blake Shelton, who heard auditioning singers sight unseen.

If a judge liked what he heard, he turned his chair to face the music — er, um, the contestant, all of whom we're assuming will undergo the requisite reality show makeovers somewhere down the line.

Judges select eight singers for their "teams," which will compete against each other for a recording contract with Universal Republic.



▶ Judges Cee Lo Green, Christina Aguilera, Adam Levine and Blake Shelton.

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There are things that only the world's largest global newspaper can do. Metro is read by 17 million people every day, in over 100 cities across 4 continents.

More than a pretty face

► Rob Lowe's new book, *Stories I Only Tell My Friends*, is turning heads



DOROTHY ROBINSON
SCENE@METRONEWS.CA

You can't tell by looking at his nearly flawless mug, but Rob Lowe has

crammed a lot of living in his 47 years. In his surprisingly candid, smart new memoir, *Stories I Only Tell My Friends*, Lowe recounts what it took to be in the public eye for more than

30 years.

From the Brat Pack, to the sex tape, rehab, the epic film flops, and newfound fame with *The West Wing* and *Parks and Recreation*, Lowe proves that

he's more than a pretty face — he's a survivor (and a pretty deft writer.)

Isn't 47 too young to be writing a memoir?

I looked at (this process of

CTV Pops

"What a powerhouse of a voice, ...a wonderful way to spend an evening."
Liz Smith

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► Rob Lowe says he'd still be a great actor if he wasn't good looking.

writing) as a reader. I'm an avid reader of autobiographies. I love them. And I especially love them when they're still in the middle of the action because it feels vital and relevant. But the real reason I'm writing it now is because my children are both around the same age I was when I became famous. When I see them, I see myself and it brings up a lot.

Is there anything you wanted to clear up?

No! There's that whole cottage industry of score settling or the big reveal. I'm not into those things. I hate those books. I hate them. (Laughs). I sound like an old man.

Your teenage years in California sounds almost made up — especially how you just fell into running around with Charlie Sheen, Emilio Estevez, Chris and Sean Penn before

any of you were famous.

The mid '70s and mid '80s was an extraordinary time in Malibu — I almost have survivor's guilt about it. When I run into Sean Penn now, after we do our pleasantries, it invariably turns to, "Dude, did you remember that guy? Am I crazy or did this happen?" We sort of share notes. You can't believe what went on.

If you were incredibly ugly instead of incredibly handsome, do you think you'd still be an actor?

(Laughs). Absolutely. The only reason I wanted to be an actor was that I responded to the process of acting. It's that whole clichéd thing of the relationship between the actor and the audience. It doesn't have anything to do with how I look. When I started acting, I didn't even know how I looked.

Rob Lowe



Stories I Only Tell My Friends is sure to open some eyes about Rob Lowe.

► **Best section** *The Outsiders* section of the book — and it is substantive — is perhaps the most captivating. Lowe describes not only the grueling casting process — "a public cattle call with every important, young working actor in the universe" — but also

the shooting of the film. The hours were demanding, the work was exhausting and staying in character was encouraged. *The Socials* and *The Greasers* lived on separate floors of the hotel, with the former in suites with free room service and the latter sharing modest rooms with twin beds.

► **What's Tai Chi?** On the set of the 1983 film *The Outsiders*, director Francis Ford Coppola tells the young cast that they're going to begin their days with a half-hour of tai chi. "I don't know what tai chi is," Lowe writes. "I look around for a delivery man. Maybe it's some sort of Asian take-out — which would be great because I'm starving."

THE ASSOCIATED PRESS

How to keep your doll happy

► In his new book, Ken gives a few tips on how to be that ultimate and caring boyfriend

He's caring, a great listener, has an outfit for every occasion and would be the perfect man — if only he weren't plastic. We're talking about Ken, of course, and in the new book, I

Love Ken: My Life as the Ultimate Boyfriend, he finally shares his secrets.

Shower her with compliments
Seriously, she needs to

hear it, and she needs to hear it often. Compliment her hair, her shoes — even her handbag.

Clean up your man-cave
Give her the impression that you don't need a doll

to take care of you (even if you do).

Make a grand gesture
When it comes to my doll, I know I have to think outside the toy box. I'm not saying light up Times

Square, but you get the idea.

Dress for success
Man up, guys, it's time to check it or chuck it. If she just plain hates it, chuck it.

● METRO



Scandals and stitches

► 5 things to know about baseball

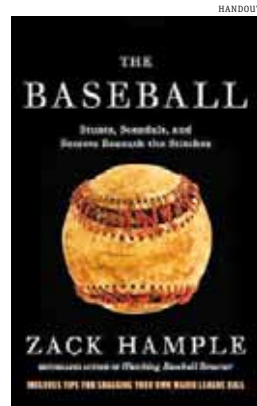
The baseball. What is it about the little circular object that drives men to try to hit it every spring? In his insightful and entertaining book, *The Baseball: Stunts, Scandals, and Secrets Beneath the Stitches*, author Zack Hample shares the secrets behind everyone's favourite stitched orb.

1 Throughout the major and minor leagues, every game-used ball gets rubbed with mud to reduce the slickness and glare. The mud comes from a top-secret location off a tributary of the Delaware River in southern New Jersey. It then gets mixed with special ingredients and sells for \$33 US a pound.

2 Several players have attempted to catch baseballs dropped from great heights. In 1926 Babe Ruth snagged one that was tossed from an airplane flying 250 feet above an army aviation field. The record belongs to Cubs Hall of Fame catcher Gabby Hartnett, who in 1930 grabbed a ball that was dropped from a blimp 800 feet high.

3 Baseballs used to be so scarce that one ball had to last for the entire game, and the winning team got to keep it.

Fans who caught foul balls were expected to return them, and until 1886, if a ball went missing, the game was delayed while the players went looking for it.



4 Charlie Sheen really likes baseballs. In 1992, he paid \$93,500 US for the famous ball that trickled through Bill Buckner's legs in the 1986 World Series. (At the time, that was the most that anyone had ever spent on a baseball.) Four years later, Sheen purchased the entire left field pavilion at an Angels game — 2,615 seats in all — to increase his odds of snagging a home run ball. It didn't work, and he went home empty-handed.

5 Every major league baseball gets stamped with invisible ink at the Rawlings factory in Turrialba, Costa Rica.

It's part of an extensive quality control system, and some of the stamps survive the cleaning solvent that gets applied at the end of the manufacturing process. Check out some baseballs under a black light and see for yourself.

● METRO

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Lindsay Lohan: Acting teacher

► Will teach homeless women as part of her court-ordered community service

ALL PHOTOS GETTY IMAGES FILE



► Lindsay Lohan

Lindsay Lohan may end up spending much of her community service hours teaching acting to homeless women, according to TMZ.

The troubled starlet is set to work at L.A.'s Downtown Women's Center, which also happens to run a theatre workshop.

A spokesperson for the centre said the staff was "extremely interested in having Lindsay contribute her talents when she kicks off her 360 hours of community service this week."

And according to sources, Lohan herself is up for the idea, believing the workshop would be "a perfect fit for her community service."

● METRO

Has Donald trumped himself?

Donald Trump may be proud of himself for being a vocal part of getting Barack Obama to produce his birth certificate, but the stunt may actually be bad for the Apprentice boss.

"Attacking stars like Rosie O'Donnell or Martha Stewart is one thing, but to go after the

president is taking Donald down a path that's going to do long term damage to his brand," a TV insider tells Popeater.

"For a guy with a show on NBC in prime time that needs celebrities to sign up in order for it to be a success, this is potential suicide." ● METRO



► Donald Trump

Jessica sets the wedding date



► Jessica Simpson

revealed during an interview with Us Weekly.

"I'm still trying to figure out what to wear! I don't know if I want the big boom, or the curvy thing, but it will be something beautiful," Simpson says. "I kind of have a couple ideas in my head, and I have a date; I'm really excited!"

The singer is also trying to not worry too much about getting into shape for the wedding: "No exercise is fun! I am going to dance around my bedroom and hopefully lose some weight."

● METRO

Doing his time in LA

British actor Alex Pettyfer hasn't been having the best time in Los Angeles.

"I think it's this insidious pool where nearly everyone lives in fear. Geographically it's fantastic, but socially it's disgusting," he tells Vman magazine about life in Hollywood.

"I wish I had some interesting stories about living in L.A., but mostly I just do my work and then go home. Being an actor is like being in prison."

"You go, you serve your time, you try and replicate Johnny Depp's career and then you move to Paris."

● METRO

Not such a great idea

ROMANTIC. Justin Timberlake doesn't believe the idea that's the basis for his next movie, Friends with Benefits, is such a smart one. "It's a really good idea until it becomes a bad idea. It probably becomes a bad idea really fast," Tim-



berlake tells Ellen DeGeneres during a visit to her talk show. "I think that everybody could probably agree with us when we say that if you're going to be intimate with someone at some point somebody's going to feel something."

● METRO

Celebrity tweets



"Have found Donald Trump's birth certificate. He was born in Hawaii, but before it was a state. This is getting complicated."

@ricky_martin



"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."

@Joan_Rivers



"I just saw the guest list and the Royal Wedding will be jam-packed with European nobility. It has more blue blood than a Smurf disaster film"

@SilverKSilverman



"Being a woman is like being in the slowest horror movie ever"

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A toast to the future king and queen



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TWITTER: @THEREALWINEGUY

Remembering how stressful my wedding planning was, I can't imagine what it's like organizing the wedding of the century.

While you'd think it would have been enough to drive Wills and Kate to drink, rumour has it "official" festivities are going to be lower alcohol affairs.

I'm not sure if they were concerned about some Harry-led shenanigans or if guests holding pints of ale at their reception wouldn't appear royal enough.

Though my sources at the family-owned champagne house Pol Roger would neither confirm nor deny their participation, word has it that the Pol Roger Réserve Non-Vintage (\$55.95 - \$62.99) will be the exclusive bubbly.

Floral, lightly nutty and sophisticatedly citrusy the choice of Pol Roger makes sense because it was Winston Churchill's tippie of choice. William seems to get his sense of the future by reflecting on the past and Pol Roger is a perfect fit.

PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



Eat like the royals

► Wondering what Will and Kate will eat on their first day as husband and wife? ► Bubble and Squeak, and Scones are some British favourites



► Bubble and Squeak, and Scones are two traditional British foods.



BOTH PHOTOS: THE ASSOCIATED PRESS/ MATTHEW MEAD

Traditionally, British cuisine means unfussy dishes made with local ingredients and simple sauces. Although it's recently expanded its reaches, some traditions still stand — like Bubble and Squeak for breakfast or afternoon tea and scones.

Bubble and Squeak

Named for the sound it makes while it's cooking, Bubble and Squeak is a breakfast hash of sorts designed to use leftovers from the previous night's boiled dinners.

If you don't have leftover veggies, simply boil them until tender.

Preparation:

1 In non-stick skillet cook sausage over medium-high heat for 6 to 8 minutes or until well browned. Using slotted spoon, remove meat from pan and reserve.

2 Add onion to skillet and cook 6 or until translucent and beginning to brown. Add potatoes, cabbage and carrots, and reserved sausage meat. Mix and cook 15 minutes or until well browned, scraping the bottom of the pan occasionally and flipping the mixture over. Season with salt and pepper.

Ingredients:

- 1 lb (500 g) ground sausage meat
- 1 onion, chopped
- 3 baking potatoes, peeled, cooked and mashed
- 1 cup (250 mL) shredded, cooked cabbage
- 1/2 cup (125 mL) chopped cooked carrots
- Salt and pepper

Fruit and Chocolate Scones

Classic to afternoon teas, scones are commonly

baked plain or studded with currants, then accompanied with jam and clotted cream, a thick, creamy spread. You can make your version with any dried fruit, such as blueberries, or apricots. You also can add chocolate chips.

Preparation:

1 In large bowl, whisk together flour, sugar, baking powder and salt. Add melted butter and stir until well distributed. Add cream, sour cream and vanilla. Mix until almost combined, then add fruit and nuts and mix until just combined.

2 Turn dough out onto a floured surface. Pat dough into a circle about 3/4 inch (2 cm) thick and 10 inches (25 cm) round. Cut into 8 wedges and transfer to parchment paper lined baking sheet. Refriger-

ate until well chilled.

3

Sprinkle tops of the scones with the coarse sugar, if using. Bake in 400 F (200 C) oven for 20 to 25 minutes. Let cool before serving. **THE ASSOCIATED PRESS/ RECIPES BY ALISON LADMAN**

Ingredients:

- 2 3/4 cups (675 mL) all-purpose flour
- 1/3 cup (75 mL) granulated sugar
- 4 tsp (20 mL) baking powder
- 1/4 tsp (1 mL) salt
- 10 tbsp (150 mL) butter, melted
- 1 cup (250 mL) 35% whipping cream
- 1/4 cup (60 mL) sour cream
- 1 tsp (5 mL) vanilla extract
- 1 1/2 cups (375 mL) dried fruit, nuts and/or chocolate chips
- Coarse sugar (optional)

3
life

Portion Control



Here are some tips to ensure you are eating proper portion sizes.

- Eat smaller meals throughout the day.
- Stay away from high glycaemic foods like sugar. They leave you wanting more.
- When eating out, cut the plate of food in half. Eat half, take the rest to go. **NEWS CANADA**



Take small nibbles when biting into healthier habits.

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Vancouver Canucks left-winger Daniel Sedin will go for an unprecedented family double at the NHL awards banquet June 22.

Sedin, right-winger Corey Perry of the Anaheim Ducks and Tampa Bay Lightning right-winger Martin St. Louis were named finalists for the Hart Trophy on Thursday.

50 Corey Perry had a surge of 19 goals in his final 16 games that helped the Ducks make the playoffs and raised his total to a league-leading 50.

Sedin's twin brother and linemate Henrik won the award last year. They could become the first brother

tandem to win the NHL MVP in consecutive years.

"It's exciting for us," said Daniel Sedin. "We never expected any of us to be up there, to be mentioned with those kind of players. To do it back to back is obviously nice. But it's something to look back at after our careers."

Sedin had nothing but

praise for Perry and St. Louis.

"They're both great players and mean a lot to their teams," he said.

Daniel Sedin led the league with 104 points (41 goals, 63 assists) this season to help the Canucks finish first in the NHL's overall standings.

THE CANADIAN PRESS

ELIOT J. SCHECHTER/GETTY IMAGES



► Martin St. Louis finished second in the league with 99 points (31-68).

Small ball pays off

TONY GUTIERREZ/THE ASSOCIATED PRESS

► Tiebreaking bunt gives Jays first series win in three weeks

Corey Patterson dragged the ball into the perfect spot for the Toronto Blue Jays.

Patterson, who two days earlier took a big swing and homered on an 0-2 pitch at his shoulders, bunted home the tiebreaking run in the ninth inning Thursday as Toronto won 5-2 over the Texas Rangers.

"It definitely worked out for us. I wanted to put the bunt in the right location," Patterson said. "I would have been fine even if they would have thrown me out."

Darren Oliver (1-2) fielded the ball but nobody was covering the bag with first baseman Chris Davis charging.

"He bunted it into no man's land," the 40-year-old Oliver said.

Patterson got a single and John McDonald scored from third.

5	2
JAYS	RANGERS

"Safety squeeze. (Patterson) did an excellent job," said manager John Farrell. "It's one of the things we worked on extensively in spring training."

The Jays, who took three of four games in the series, added two more runs on two Texas errors on the same play.

Rangers starter Alexi Ogando struck out seven and allowed two runs over six innings.

Brandon Morrow, making his second start of the season for the Jays, struck out six in six innings and allowed two earned runs.

THE ASSOCIATED PRESS



► Blue Jay Corey Patterson sprints toward first on a bunt-single, which scored John McDonald for the winning run, in Arlington, Texas, Thursday.

Quoted



"I knew if I skated well enough I would be able to hold the lead, so I'm so happy that it turned out well. It's surreal, it's honestly surreal."

CANADIAN PATRICK CHAN, WHO WON HIS FIRST WORLD MEN'S FIGURE SKATING CHAMPIONSHIP THURSDAY, BREAKING THREE WORLD RECORDS FOR POINTS AT THE EVENT IN MOSCOW.

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NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE SEMI-FINALS
(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY

Tonight's game

Tampa Bay at Washington, 7 p.m.

Sunday's game

Tampa Bay at Washington, 7 p.m.

Tuesday's game

Washington at Tampa Bay, TBA

Wednesday, May 4

Washington at Tampa Bay, 7 p.m.

Saturday, May 7

x-Tampa Bay at Washington, 12:30 p.m.

Monday, May 9

x-Washington at Tampa Bay, TBA

Wednesday, May 11

x-Tampa Bay at Washington, TBA

PHILADELPHIA VS. BOSTON

Tomorrow's game

Boston at Philadelphia, 3 p.m.

Monday's game

Boston at Philadelphia, 7:30 p.m.

Wednesday, May 4

Philadelphia at Boston, 7 p.m.

Friday, May 6

Philadelphia at Boston, 8 p.m.

Sunday, May 8

x-Boston at Philadelphia, 3 p.m.

Tuesday, May 10

x-Philadelphia at Boston, TBA

Thursday, May 12

x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE

Last night's result

Nashville at Vancouver

Tomorrow's game

Nashville at Vancouver, 9 p.m.

Tuesday's game

Vancouver at Nashville, 9 p.m.

Thursday, May 5

Vancouver at Nashville, 8:30 p.m.

Saturday, May 7

x-Nashville at Vancouver, 8 p.m.

Monday, May 9

x-Vancouver at Nashville, TBA

Wednesday, May 11

x-Nashville at Vancouver, TBA

SAN JOSE VS. DETROIT

Tonight's game

Detroit at San Jose, 10 p.m.

Sunday's game

Detroit at San Jose, 3 p.m.

Wednesday, May 4

San Jose at Detroit, 8 p.m.

Friday, May 6

San Jose at Detroit, 7 p.m.

Sunday, May 8

x-Detroit at San Jose, 8 p.m.

Tuesday, May 10

x-San Jose at Detroit, TBA

Thursday, May 12

x-Detroit at San Jose, TBA

x — if necessary.

WEDNESDAY

LIGHTNING 1, PENGUINS 0

First Period — No Scoring.

Penalties — Brewer TB (interference) 11:23, St. Louis TB (tripping) 14:50.

Second Period

1. Tampa Bay, Bergenheim 3 (Moore, Downie) 5:41

Penalties — Stamkos TB (tripping) 1:22, Orpik Pgh (hooking) 7:48, Neal Pgh (slashing) 10:41.

Third Period — No Scoring.

Penalties — Tampa Bay bench (too many men; served by Downie) 5:25, Moore TB (interference), Letang Pgh (diving) 10:58, Thompson TB (slashing) 18:27.

Shots

Tampa Bay 7 11 5 —23
Pittsburgh 15 7 14 —36

Goal — Tampa Bay: Roloson (W,4-3-0); Pittsburgh: Fleury (L,3-4-0). Power plays (goals-chances) — Tampa Bay: 0-2; Pittsburgh: 0-5.

Referees — Brad Watson, Dan O'Halloran.

Linesmen — Scott Driscoll, Brad Kovachik.

Att. — 18,507 (18,087): at Pittsburgh

BRUINS 4, CANADIENS 3 (OT)

First Period

1. Boston, Boychuk 1 (Marchand, Bergeron) 3:31

2. Boston, Recchi 1 (Ferenec) 5:33

3. Montreal, Weber 2 (Hamrik, Cammalleri) 9:49 (pp)

Penalties — Ryder Bos (hooking) 8:22, Thornton Bos (elbowing) 16:02, Kostitsyn Mtl (high-sticking) 17:59.

Second Period

4. Montreal, Plekanec 2, 5:50 (sh)

Penalties — Eller Mtl (cross-checking) 4:41, Boychuk Bos (boarding) 18:12.

Third Period

5. Boston, Kelly 3 (Ferenec, Peverley) 9:44

6. Montreal, Subban 2 (Plekanec, Gionta) 18:03 (pp)

Penalty — Bergeron Bos (high-sticking) 17:23.

First Overtime

7. Boston, Horton 3 (Lucic, McQuaid) 5:43

Penalties — None.

Shots

Montreal 9 12 11 5 —37
Boston 9 7 13 5 —34

Goal — Montreal: Price (L,3-4-0); Boston:

Thomas (W,4-3-0). Power plays (goals-chances) — Montreal: 2-4; Boston: 0-2.

Referees — Tim Peel, Kelly Sutherland. Lines-

men — Pierre Racicot, Jean Morin.

Attendance — 17,565 (17,565).

SCORING LEADERS

	G	A	PT
Cammalleri, Mtl	3	7	10
Giroux, Pha	1	8	9
St. Louis, TB	4	4	8
Perry, Ana	2	6	8
Briere, Ana	6	1	7
Selanne, Ana	6	1	7
D.Sedin, Vcr	5	2	7
Clove, S	4	3	7
P.Bergeron, Bos	2	5	7
Gagne, TB	2	5	7
Dowdnie, TB	1	6	7
Gragnani, Buf	1	6	7
S.Koiru, Ana	1	6	7
Keith, Chi	4	2	6
Burrows, Vcr	3	3	6
Fisher, Nash	3	3	6
Kelly, Bos	3	3	6

Last night's games not included

TENNIS

ATP-WTA

ESTORIL OPEN

At Oeiras, Portugal

Men's Singles — Second Round

Fernando Verdasco (2), Spain, def. Frederico Gil, Portugal, 6-1, 7-6 (5).

Gilles Simon (4), France, def. Carlos Berlocq, Argentina, 6-2, 6-1.

Milos Raonic (5), Thornhill, Ont., def. Joao Sousa, Portugal, 6-3, 6-3.

Kevin Anderson (7), South Africa, def. Victor Hanescu, Romania, 6-4, 6-2.

Women's Singles — Quarter-finals

Kristina Barrois, Germany, def. Alisa Kleybanova (1), Russia, 6-4, 6-2.

Monica Niculescu, Romania, def. Jarmila Gajdosova (2), Australia, 5-7, 6-4, 6-2.

Anabel Medina Garrigues, Spain, def. Klara Zakopalova (3), Czech Republic, 6-3, 7-5.

Johanna Larsson, Sweden, def. Anastasia Kudryavtseva, Russia, 6-2, 7-5.

ATP

BMW OPEN

At Munich

Singles — Second Round

Florian Mayer (5), Germany, def. Teymuraz Gabashvili, Russia, 6-4, 7-6 (1).

Marin Cilic (3), Croatia, def. Horacio Zeballos, Argentina, 6-3, 7-6 (7).

Nikolay Davydenko (7), Russia, def. Julian Reister, Germany, 3-6, 7-6 (5), 6-1.

Philipp Kohlschreiber (8), Germany, def. Denis Gremelmayer, Germany, 6-3, 6-3.

Radek Stepanek, Czech Republic, def. Dustin Brown, Germany, 7-6 (6), 6-7 (5), 6-3.

SERBIA OPEN

At Belgrade, Serbia

Singles — Second Round

Somdev Devvarman, India, def. Guillermo Garcia-Lopez (3), Spain, 7-6 (6), 2-6, 7-6 (8).

Filippo Volandri, Italy, def. Ilya Marchenko, Ukraine, 6-3, 1-6, 6-3.

Janko Tipsarevic (7), Serbia, def. Mischa Zverev, Germany, 6-2, 6-0.

Marcel Granollers, Spain, def. Viktor Troicki (2), Serbia, 6-2, 6-3.

FIGURE SKATING

WORLD CHAMPIONSHIPS

At Moscow

Men's Free Skating

1. Patrick Chan, Toronto, 187.96 points; 2. Takahiko Kozuka, Japan, 180.79; 3. Artur Gachinski, Russia, 163.52; 21. Kevin Reynolds, Coquitlam, B.C., 122.87; 24. Joey Russell, Labrador City, N.L., 107.04.

Overall Standings

1. Patrick Chan, Toronto, 280.98 points; 2. Takahiko Kozuka, Japan, 248.41; 3. Artur Gachinski, Russia, 241.86; 20. Kevin Reynolds, Coquitlam, B.C., 187.23; 24. Joey Russell, Labrador City, N.L., 168.73.

Pairs Free Program

1. Aliona Savchenko and Robin Szolkowy, Germany, 144.87 points; 2. Tatiana Volosozhar and Maxim Trankov, Russia, 140.38; 3. Pang Qing and Tong Jian, China, 130.12; 7. Meagan Duhamel, Lively, Ont., and Eric Radford, Toronto, 114.20; 8. Kirsten Moore-Towers and Dylan Moscovitch, Waterloo, Ont., 106.31.

Overall Standings

1. Aliona Savchenko and Robin Szolkowy, Ger., 217.85 pts; 2. Tatiana Volosozhar and Maxim Trankov, Rus., 210.73; 3. Pang Qing and Tong Jian, Chi., 204.12; 7. Meagan Duhamel, Lively, Ont., and Eric Radford, Toronto, 173.03; 8. Kirsten Moore-Towers and Dylan Moscovitch, Waterloo, Ont., 163.17

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	13	8	.619	—
Tampa Bay	13	11	.542	1½
Toronto	12	13	.480	3
Baltimore	10	12	.455	3½
Boston	10	13	.435	4

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	16	8	.667	—
Kansas City	12	13	.480	4½
Detroit	12	13	.480	4½
Chicago	10	15	.400	6½
Minnesota	9	14	.391	6½

WEST DIVISION

	W	L	Pct	GB
Texas	15	10	.600	—
Los Angeles	14	11	.560	1
Oakland	12	13	.480	3
Seattle	11	15	.423	4½

Yesterday's results

Toronto 5 Texas 2

Seattle 7 Detroit 2

Tampa Bay 15 Minnesota 3 (1st game)

Cleveland 8 Kansas City 2

Boston at Baltimore

Chicago White Sox at N.Y. Yankees

Tampa Bay at Minnesota (2nd game)

Wednesday's results

Texas 7 Toronto 6

Baltimore 5 Boston 4

Seattle 10 Detroit 1

Tampa Bay 8 Minnesota 2

Oakland 2 L.A. Angels 1 (10 innings)

Cleveland 7 Kansas City 2

N.Y. Yankees 3 Chicago White Sox 1

Today's games

All times Eastern

Detroit (Scherzer 4-0) at Cleveland (J.Gomez

0-1), 7:05 p.m.

Toronto (R.Romero 1-3) at N.Y. Yankees

(F.Garcia 1-0), 7:05 p.m.

L.A. Angels (E.Santana 0-3) at Tampa Bay

(Price 3-2), 7:10 p.m.

Seattle (Vargas 0-2) at Boston (Matsuzaka

2-2), 7:10 p.m.

Baltimore (Arrieta 2-1) at Chicago White Sox

(Danks 0-3), 8:10 p.m.

Minnesota (S.Baker 1-2) at Kansas City

(Chen 3-1), 8:10 p.m.

Texas (C.Wilson 3-0) at Oakland (Cahill 3-0),

10:05 p.m.

Tomorrow's games

L.A. Angels at Tampa Bay, 1:10 p.m.

Texas at Oakland, 4:05 p.m.

Toronto at N.Y. Yankees, 4:05 p.m.

Detroit at Cleveland, 6:05 p.m.

Baltimore at Chicago White Sox, 7:10 p.m.

Minnesota at Kansas City, 7:10 p.m.

Seattle at Boston, 7:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION

Tomorrow's game

Boston at Buffalo, 7:30 p.m.

Sunday's game

Rochester at Toronto, 3:30 p.m.

WEST DIVISION

Tomorrow's games

Colorado at Calgary, 8:30 p.m.

Washington at Minnesota, 8:30 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	16	8	.667	—
Florida	15	8	.652	½
Atlanta	13	13	.500	4
New York	11	13	.458	5
Washington	10	13	.435	5½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	13	11	.542	—
Cincinnati	13	12	.520	½
Milwaukee	12	12	.500	1
Pittsburgh	11	14	.440	2½
Chicago	10	13	.435	2½
Houston	9	15	.375	4

WEST DIVISION

	W	L	Pct	GB
Colorado	16	7	.696	—
San Francisco	12	12	.500	4½
Los Angeles	13	13	.500	4½
Arizona	10	13	.435	6
San Diego	9	16	.360	8

Yesterday's results

San Francisco 5 Pittsburgh 2

N.Y. Mets at Washington

St. Louis at Houston

Chicago Cubs at Arizona

Wednesday's results

Cincinnati 7 Milwaukee 6 (10 innings)

Atlanta 7 San Diego 0

Philadelphia 8 Arizona 4

St. Louis 6 Houston 5

N.Y. Mets 6 Washington 3

Pittsburgh 2 San Francisco 0

L.A. Dodgers 5 Florida 4 (10 innings)

Colorado at Chicago, ppd., rain

Today's games

All times Eastern

N.Y. Mets (Pelfrey 1-2) at Philadelphia (Wor-

ley 0-0), 7:05 p.m.

San Francisco (Lincecum 2-2) at Washington

(Marquis 2-0), 7:05 p.m.

Florida (Vazquez 1-2) at Cincinnati (T.Wood

1-2), 7:10 p.m.

St. Louis (Carpenter 0-2) at Atlanta

(T.Hudson 3-2), 7:35 p.m.

Milwaukee (Marcum 2-1) at Houston (Myers

1-0), 8:05 p.m.

Pittsburgh (Correia 3-2) at Colorado (Chacin

3-1), 8:40 p.m.

Chicago Cubs (Zambrano 2-1) at Arizona

(Galaraga 3-1), 9:40 p.m.

San Diego (Richard 1-1) at L.A. Dodgers (Lilly

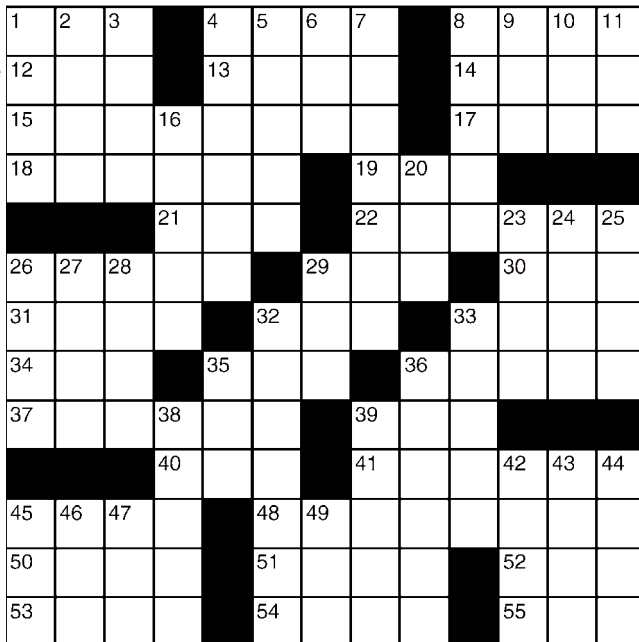
Crossword

Across

1 "Six-pack" muscles
4 Somewhere out there
8 Snare
12 A Gershwin brother
13 Albacore, e.g.
14 Apiece
15 Reverie
17 Tool storage structure
18 Bombard
19 Fore's opposite
21 Greek consonants
22 Masseur's workplace
26 Seraglio group
29 April payment
30 Joan of —
31 Enrages
32 X rating?
33 Fedora feature
34 Conger or moray
35 Crafty one
36 High-quality
37 Fluorescent trademark
39 "Eureka!"
40 "— Town"

Down

1 Verdi opera
2 Lingerie buys
3 Puts into words

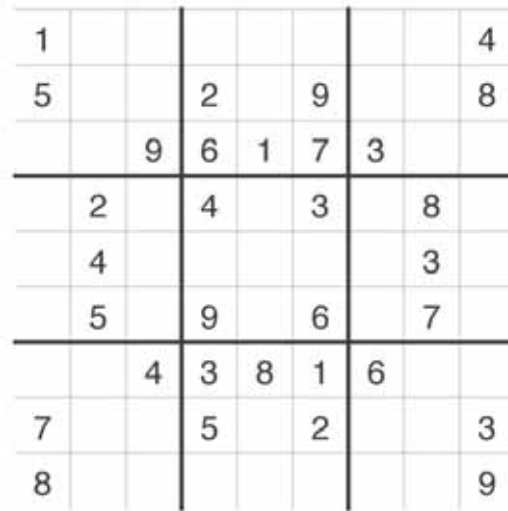


4 Hotel lobby, perhaps
5 Gas, oil, etc.
6 Literary collection
7 Fast time
8 Irritable
9 "Go, team!"
10 Dogfight participant
11 Advanced deg.
16 Hamlet's countrymen
20 Transmit, in a way
23 Ganges attire
24 Prudish
25 Wile E.'s supplier
26 Wasted no time
27 Neighborhood
28 Hinge (on)
29 Cowboy nickname
32 As specified
33 Impudent
35 Winter ailment
36 Aspects
38 Gaggles member
39 Bottomless pit
42 Thailand, once
43 "All —"
44 Pack cargo
45 Vehicle with sliding doors
46 Id counterpart
47 Nugent of rock
49 "I'll take that as —"

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

*Daddio,
I owe a heck of a lot of my success to your constant encouragement. Someday I'll write that book and make you your millions, promise. Thanks for putting up with me in the meantime. Happy birthday! LOVE, BIZBOO*

Max, just wanted to send you a note to say that I love you so much, and so much more than love you. Happy anniversary handsome.

LOVE G

*Dear honey bunny,
I know that you always do sudoku and other stuff in Metro, and I wanted you to know that I'm really happy that savage introduced us last year. love you lots <3*

FROM YOUR OTHER HALF

*Nadia-muffin *points to eye *points to heart *points to you Happy 11 months baby YOUR BUBBIE*

Today's horoscope

♈ **Aries** March 21-April 20 Resist the urge to start a fight today. There's no point.
♉ **Taurus** April 21-May 21 You are bullish right now, but keep a sense of perspective about what is and is not possible.
♊ **Gemini** May 22-June 21 An issue you thought was done will return. Now, you must deal with it once and for all.
♋ **Cancer** June 22-July 22 No matter what losses you have suffered of late, your attitude is still positive. You're learning.

♌ **Leo** July 23-Aug. 23 Don't go against the rules today. You might get noticed by people whose gaze is best avoided!
♍ **Virgo** Aug. 24-Sept. 22 Don't take good luck for granted because it could disappear.
♎ **Libra** Sept. 23-Oct. 23 What looks like bad news early in the day will turn out to be good news later in the day.
♏ **Scorpio** Oct. 24-Nov. 22 A partnership issue will come to ahead. It will be resolved so don't call it quits just yet.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 If you worry less, you may actually do better financially.
♑ **Capricorn** Dec. 22-Jan. 20 If something didn't work out as planned, it doesn't mean you're on the wrong track.
♒ **Aquarius** Jan. 21-Feb. 18 If little things annoy you, maybe you need to slow down and focus on what matters.
♓ **Pisces** Feb. 19-March 20. If there are aspects of your life that you don't like, change them today. ● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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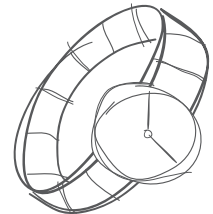
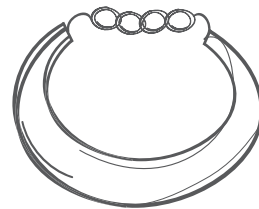
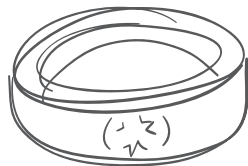
take advantage of record high gold prices

Receive Ontario's **highest payout** for your old, unwanted gold & silver!

Ottawa Convention Centre

(Daly & Colonel By Drive)

Saturday, April 30th & Sunday May 1st
from 10a.m. to 5p.m.



Dig out those old, unwanted gold & silver rings, watches, necklaces, etc...

Bring them out for a free, no-obligation material evaluation & purchase offer.

Get paid on the spot. At these record prices, a little means a lot!

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About Recycle Frog

Recycle Frog — Canada's fastest growing and most trusted precious metals recycler. Committed to setting a new standard of integrity and transparency, we provide a simple, secure and convenient recycling experience with tremendous financial, social and environmental benefits. Our innovative Gold Drive fundraising program provides support to invaluable community organizations such as United Way, the Canadian Cancer Society and CHEO, among many others. Recycle Frog is a member of the Jewelers Vigilance Committee and Recycling Council of Ontario.



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613.695.1236 | recyclefrog.com

EVERY VOTE COUNTS – On May 2, you have the opportunity to move our community in a different direction, one that puts people ahead of politics.

NO

NO to reckless cuts in the public service weakening our local economy while engaging in wasteful spending creating record deficits.

NO to unrealistic promises on family care that will not materialize until 2015.

NO to continuing inaction in providing our young people the opportunities to achieve their educational goals without the support they need.

NO to private pension plans that will largely benefit banks and insurance companies.

NO to further inaction or not providing any concrete plan to protecting our environment and the effects of climate change.

NO to someone who puts party politics before public service.

YES

YES to a realistic plan to bring Canada back to balanced budgets, while creating jobs and meeting the needs of families.



YES to a plan that allows working families the opportunity to take time off of work, giving them peace of mind to care for ill loved ones.

YES to a plan that will provide your child a minimum of \$1,000 each year, for up to four years to allow them the opportunity to attend college or university. If they get the grades, they get to go.



YES to securing Canada's pension system, so our older citizens and loved ones can live in security and with dignity.

YES to long-term, sustainable public infrastructure funding to repair our aging roads, bridges, sewer and water systems.



**RYAN
KEON**



Visit our campaign office:
57 Auriga Dr., Unit 101,
Ottawa, ON K2E 8B2
Phone: 613.727.4600

ryankeon.ca

Authorized by the Official Agent for Ryan Keon

YES to a new Member of
Parliament who will put the needs
of Nepean-Carleton families first.

Liberal